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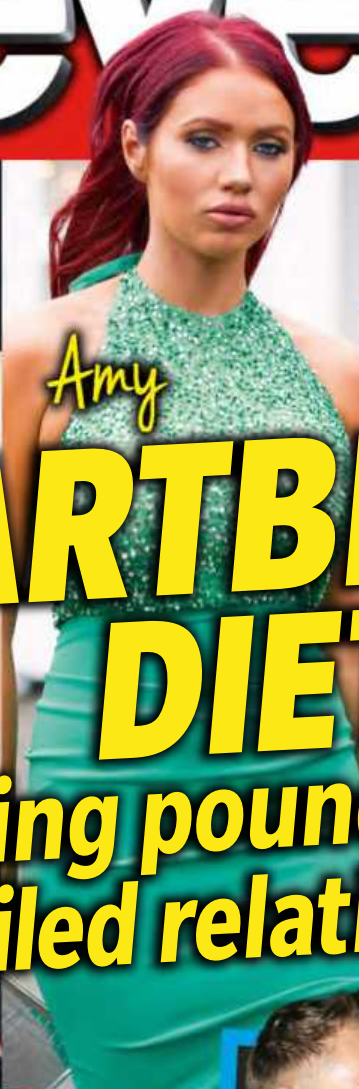


**Sam bares
her bump on
babymoon**

Reveal



Perrie



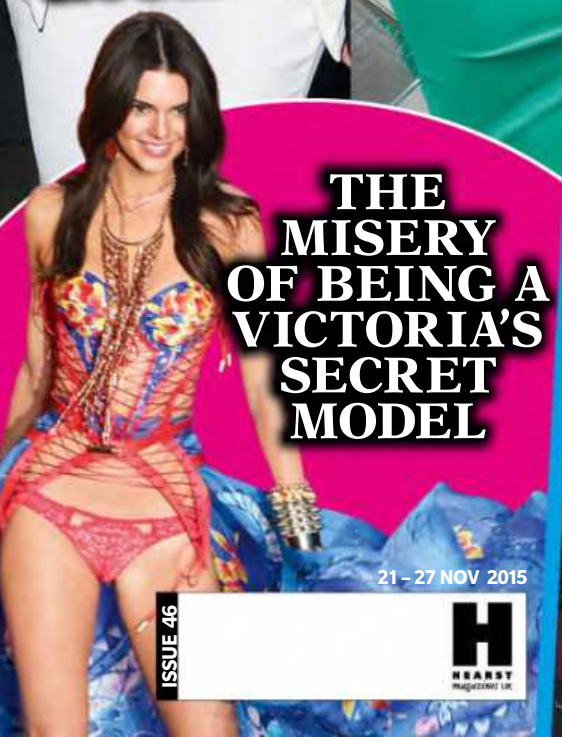
Amy



Kourtney

HEARTBREAK DIETS

**Shedding pounds over
their failed relationships**



**THE
MISERY
OF BEING A
VICTORIA'S
SECRET
MODEL**



**Hasty Kym
fast-tracks her
relationship**



**Sneak a
peek at Rebel
Wilson's new
clothes range**

60 *gorgeous gifts!*



21 - 27 NOV 2015

ISSUE 46

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There's more to life than hair but it's a good place to start





Jourdan Dunn models a £595 leather skirt and £160 jumper from Topshop



Kylie Jenner looked super stylish in one of the Balmain x H&M dresses



This M&S leather dress is stunning, but the price makes our eyes water

WHAT'S HAPPENING TO HIGH STREET PRICES?

Marks & Spencer just launched its spring collection for 2016, featuring a £299 leather dress, the recent Balmain x H&M collection sold out in hours, with one dress priced at £400, and Topshop Unique's autumn collection features a velvet embellished dress for £895.

It's disappointing that a designer/high street collaboration costs so much, and even more so that ordinary high street brands are pricing garments as much as some items on luxury website net-a-porter.com. Surely this isn't what high street fashion is

supposed to be about?

The average customer on a modest budget just wants good quality, stylish, wearable clothes at realistic prices. So let's not lose sight of this in a flurry of 'flash-in-the-pan' designer mania, where items are just too steep.

The British high street is known worldwide for its style and value for money – so come on, shopping bosses – listen up! If you are going to team up with an international designer, can things be sold at actual high street prices, please? And as for own brand clothes – keep it real.

INSIDE YOUR REVEAL THIS WEEK...

19

Are Nicole and Lewis back together for the seventh time?

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TOWIE's Billie can't wait for sister Sam's baby

15

The Kardashians put on a huge bash for Kris' 60th birthday

4

The Geordie Shore cast have a messy night out

Aaron Chalmers
did his best
Miley Cyrus
impression...

Loone!

It would seem that
Charlotte Crosby
hasn't learnt from
her embarrassing
episode on CBB...

Holly Hagan left little
to the imagination
with her sheer outfit

Nice trip, Chloe?
Luckily Nathan Henry
helped her off the floor

Scotty T, Aaron and
Nathan couldn't stop
laughing in the cab

Marnie was living it up after
the breakdown of her
engagement to Ricky Rayment

y Toons!

Flashing their knick-knacks, stacking the pavement and sporting suspicious wet patches between their legs – it can only be a typical *Geordie Shore* night out

Geordie Shore is back – and it's business as usual for the northern party animals.

The group enjoyed a jolly night out in Newcastle last week as they resumed filming for the 12th series of the MTV show, which will be aired early next year.

And they looked, typically, worse for wear when they decided to head home in the early hours of the morning.

Newcomer Chloe Ferry, 20, was helped by Nathan Henry, 24, as she (quite literally) stumbled out of a nightclub, while Aaron Chalmers, 28, came to Marnie Simpson's aid as she struggled to get into a cab.

Earlier this year, Marnie, 23 – who wore a plunging jumpsuit – said she was quitting the show after she got engaged to former

TOWIE star, Ricky Rayment, but now they've called off their short-lived romance, it seems she's had a change of heart.

Meanwhile, we're suspicious that Charlotte Crosby, 25, who famously wet the bed on *Celebrity Big Brother* two years ago after a boozy night, had been up to her old tricks, as she sported a wet patch on the front of her bodycon dress. The blonde babe – who's dating *Love Island*'s Max Morley – tried to conceal the patch with her bag.

Holly Hagan, 23, also suffered a wardrobe malfunction as she unintentionally flashed her undies in a sheer jumpsuit.

All in all, it looks like fans of the show won't be left disappointed... There's no chance of the new series being tame!

Rebecca Greenow

IS SIMON ON A *downward* *spiral?*

As The X Factor's ratings continue to plunge, it appears boss man Simon Cowell is feeling the strain...

As the future of *The X Factor* continues to look bleak following failing ratings and negative feedback from fans, the show's boss, Simon Cowell, is under pressure.

He's struggling with the show being branded a failure, after its amazing reign as the biggest draw on TV.

'Simon has believed his own publicity for a few years now – that he's a genius. It's a huge blow for him, and then he can't fix it,' said a source close to the show.

Another added that Simon's been burning the midnight oil, trying to think of new ideas to shake up the show.

'He keeps on calling the producers all through the night, trying to work out what to do to save it. They are in a terrible spin.'

FANS MIFFED BY SIMON'S 'HAMMERED' APPEARANCE AT AWARDS BASH

Despite a big revamp this year, with new, hip judges Rita Ora and Nick Grimshaw joining Simon and Cheryl Fernandez-Versini on the panel, plus a live Judges' Houses episode, *X Factor* has been outstripped by BBC rival *Strictly Come Dancing* in the ratings. On the second live

Saturday night show, it pulled in three million fewer viewers than *Strictly*, with a 6.4 million audience. The previous week, it hit just 5.6 million, the lowest since the show first launched in 2004.

And it seems like Simon is really feeling the heat. Last week, fans questioned if the star was 'drunk' when he praised his contestant, Anton Stephans, for his mash-up of Jessie J's *Bang Bang* and Meghan Trainor's *All About That Bass*, while fellow

'Simon's believed his own publicity – that he's a genius'

judges Nick, Rita and Cheryl slated Anton's performance.

'Is @SimonCowell drunk? What?! #XFactorLiveShows,' one fan wrote, while another said, 'But really tho? @SimonCowell is drunk or taking the mick out of him?' another said.

The scathing comments come after Simon, 56, admitted he was 'hammered'

as he collected a gong in recognition of his contribution to music, entertainment and charitable causes at the Music Industry Trusts Awards on 2 November.

Simon also had to apologise after his joke about former One Direction star Zayn Malik went down badly with fans at the same event.

Simon asked, 'Who misses Zayn?' He added, 'We all get old but I've still got charisma,' as he stood next to the other band members, Niall Horan, Harry Styles, Louis Tomlinson and Liam Payne. His remarks were met with uncomfortable silence, and miffed 1D fans accused him of being 'out of order'.

'I just kind of thought, when I was standing on stage with them, that they were back to being five, and I saw myself [being a part of] One Direction for a moment. That's when I made that quip, "Who needs Zayn?" Which, of course, backfired hugely. So I apologise to any Zayn fans out there – it was meant as a joke,' Simon said afterwards.

Now, *The X Factor*'s been dealt one of its biggest blows to date, with the news that ITV have won the contract for rival talent show *The Voice*, formerly aired by the BBC. At its peak, it pulled in 10 million viewers this year.

Another dark cloud on the horizon is the fact that *The X Factor*'s been slated by fans for airing too many adverts during the live show, after poor ratings.

A source said, 'There is speculation that the show has put in more ads to recoup lost revenue.'



1D didn't react to Simon's joke about Zayn at the Music Industry Trusts Awards



Over-25s protégé Anton's performance didn't go down too well



Cheryl and the other judges have been asked to step up their game

ITV's big boss, Elaine Bedell, has confessed that changing the Judges' Houses section to live transmission was a mistake. She said, 'We embarked on this series wanting some changes. This is one of the issues with long-running shows – you look to them constantly, to think how they can be kept on their toes.'

'Possibly, with *X Factor*, we went too far with the mix of live TV in the Judges' Houses episode. Universally, on the production side, we felt that it wasn't successful, but now we're back to the live shows that we know and love.'

DOUBLE ELIMINATIONS WILL KEEP THE JEOPARDY FACTOR HIGH

However, Simon isn't admitting defeat just yet, and has brought in some new rules to try and salvage the show. For instance, it's believed there'll be double exits nearly every week, after this series' second double knockout brought in 8.95 million viewers, compared to *Strictly*'s 8.63 million.

A source said, 'Getting rid of two singers each week keeps jeopardy levels high, and enables the show to focus on the most talented singers sooner.'

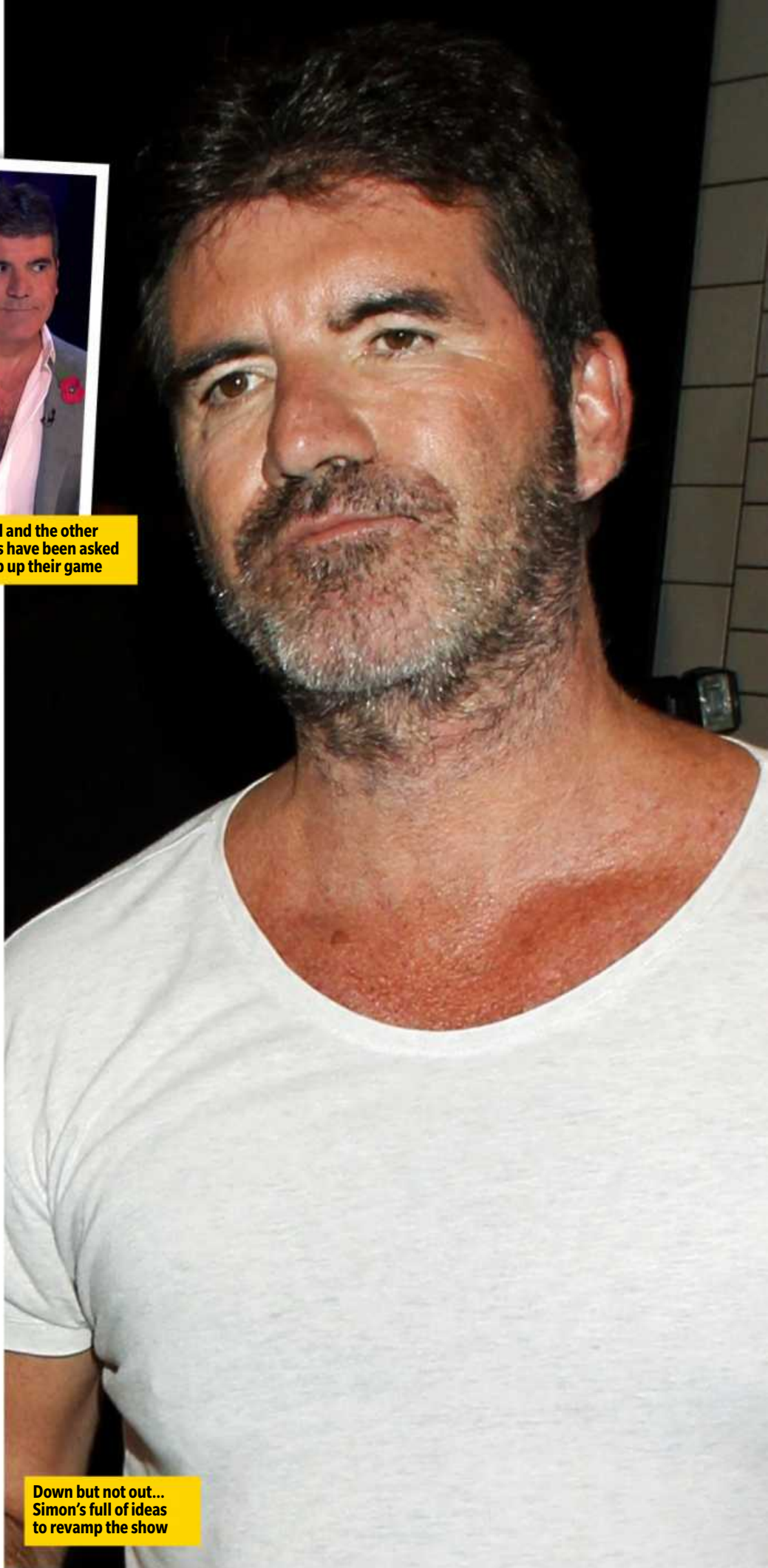
The judges have also been asked to spend more time with their categories, even giving up their Friday nights. A source revealed, 'They were told it was vital they were available throughout the week, to make sure the performances were as entertaining as possible.'

The new moves come after Simon said at the Music Industry Trusts Awards that he's not afraid to switch up the show. Asked if he planned to make changes after the new Judges' Houses failed to impress, he said, 'Of course, that's my job. [But I also need to] focus on what we need to do, which is, make the contestants better.'

'That's part of the fun of making the show every week.'

We'll keep our eyes peeled for the changes on Saturday night...

Lisa Blake



Down but not out... Simon's full of ideas to revamp the show

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Is Kym moving too fast with Matt?

The Corrie star raises eyebrows as she takes things to the next level with her boyfriend Matt Baker...

They rekindled their romance three months ago, but Kym Marsh and her fitness instructor boyfriend, Matt Baker, are making serious plans for a long-term future together.

Last week, Kym, 39, confirmed their relationship has stepped up a gear, admitting to talking about booking a family holiday to the USA with Matt and her children, David, 20, Emily, 18, and four-year-old Polly, next year.

'I'm hoping that Matt and I will go abroad with the kids and some friends. We've not booked anything yet, but we're hoping to go to LA,' she said.

The revelation is a far cry from how Kym described their relationship last month, where she said they weren't going to put 'pressure' on themselves.

'We're living for the day and not putting pressure on ourselves, and it seems to be a good plan as we're in a really good place. All my kids love him and they all get on great,' she explained.

A source told *Reveal* that Kym's friends are concerned she's moving too quickly with 25-year-old Matt, especially considering they have broken up before.

'Her friends are naturally concerned that history may

repeat itself,' the source explained, before adding, 'Kym is blissfully unaware, if there are warning signs, she is choosing to ignore them.'

For the moment, the couple seem nothing but happy, engaging in some public displays of affection at the Manchester Christmas lights switch-on. But their romance didn't get off to a great start, and Kym has had a failed engagement with Dan Hooper, also a personal trainer, since.

The former singer first dated Matt – who is 14 years her junior – in early 2014. Their romance was confirmed when the two of them spent a romantic Valentine's weekend away together in Paris.

But the spark soon fizzled, and in April, Kym met Dan, who had recently ended his long-term relationship with *Hollyoaks* actress Stephanie Waring. The pair got engaged in December before calling it quits in May 2015.

Kym, who's previously been married to soap actors Jack Ryder and Jamie Lomas, then rekindled her relationship with Matt in August amid reports his ex-girlfriend, Danni Ballard, is pregnant with his child. In a statement, Matt has said that if the baby

is his, he will 'honour [his] position as a parent'.

According to our source, Kym is not only planning a family holiday with Matt, but she's also asked him to move in to the home she shares with her three children.

The source told *Reveal*, 'Kym plans to trial-run moving Matt in over Christmas. She doesn't want to be without him – and doesn't want to be alone at Christmas.'

However, Kym's spokesperson has denied Matt is moving in.

But Kym is said to be adamant in making a future work with Matt. 'Kym defends her right to be happy when cautioned on her actions – not long being separated from the last love of her life, Dan,' the sourced added.

'She said she's made promises to herself in the past not to rush back in, but promises are made to be broken on occasion. Matt is worth breaking a promise over.'

They added, 'Kym won't sit home and feel sorry for herself because past relationships haven't worked out. Her cup is half full, and with Matt, things are going well. She's staying positive, and at least being younger, she can train him up while he trains her.'

Lisa Blake



Reveal says

'Slow down, Kym, you're going too fast - pure and simple'

ON THE *heartbreak*

AMY: FAIRYTALE WEDDING CRASHES AS LOVER GOES TO JAIL

Barely three months ago, Amy Childs couldn't help but gush about the fairytale wedding, in a castle in Hertfordshire, she had been on the verge of planning with her boyfriend Bradley Wright.

The former *TOWIE* star, 25, had hinted at an impending engagement, after visiting a Tiffany & Co store and admiring several bling rings, and spoke about wanting to start a family.

But after splitting with construction worker Bradley just weeks later, amid sexting claims and his 18-month jail sentence for handling stolen goods, it's clear the unexpected break-up has taken its toll on the heartbroken star.

Still retaining her usually glam look in a floor-length green dress, Amy looked downcast and noticeably slimmer as she attended showbiz pal Rylan Clark's wedding last Saturday, with cousin Harry Derbidge as her plus one.

Now a size 8, Amy's weight has fluctuated over the years. Currently looking her slimmest, Amy gained weight earlier this year when she was forced to ditch the gym after having her septic breast implant replaced.

Despite later tweeting a photograph of her and Harry enjoying a glass of champagne, it's clear the split is still raw for unlucky-in-love Amy. She recently told ITV's Lorraine Kelly, 'I've been let down again. I feel so upset and angry.'

Although we doubt that gorgeous Amy will be single for long, the next few weeks are likely to be bittersweet as her brother welcomes his first child. Amy has been vocal about wanting to start a family, and this was a dream she had come so close to just weeks ago.

Amy was looking fab – but sad – at a friend's wedding



As well as going to jail, Bradley is claimed to have sexted another woman

KOURTNEY: GRUELLING WORKOUTS AS SHE DITCHES SCOTT FOR GOOD

Kourtney Kardashian is giving us serious #Breakupgoals. Who hasn't, at one point or another, oh-so-secretly hoped to bump into their ex, while looking like they've just walked off a catwalk? Rather than the stark reality that you'll probably have just left the gym/sofa/KFC...

After enduring a tumultuous split from her partner of nine years, Scott Disick, in May, Kourtney, 36, likened her rollercoaster emotions to 'a mental breakdown' in a clip for the new series of *KUWTK*.

But instead of wallowing over it on the sofa, mum-of-three Kourtney has channelled all of her energy into a gruelling workout routine with trainer Don Brooks – and her new slim bod is certainly a silver lining.

Documenting her daily workouts on social media, the results speak for themselves. A picture of Kourtney lounging around in a set of Calvin Klein underwear last fortnight earned her nearly 100,000 likes on Instagram, and she's even been spotted enjoying a night out with Justin Bieber.

Meanwhile, Scott is reportedly 'feeling the best he's felt in a long time' after his stint in a rehabilitation facility in LA, for his alcohol and drug problems, in October.

Yet during the preview clip, Kourtney is adamant she won't be giving Scott, who has battled addiction for years, another chance.

'At this point, I'm trying to focus on me and the kids and make them the priority,' she told mum Kris Jenner and sister Kim.

A shot of her in her undies got many likes



diet

These celebs showcase their newly slim figures after the breakdown of their relationships

PERRIE: SHOWING ZAYN JUST WHAT HE'S MISSING

After being cruelly dumped by fiancé Zayn Malik by text message in July, nobody could blame Perrie Edwards as she fell apart at the seams – even breaking down on stage during a performance on the *Today Show*.

After three months of dignified silence, Perrie, 22, recently opened up about the shock split, calling it 'a hard time', and insiders report that although the Little Mix singer is putting on a brave face, she's still very much on the mend.

Like most girls, Perrie has also given her style a major 'breakover'.

But while we love Perrie's new, high fashion look, and the gorgeous black lace dress she wore to Radio 1's Teen Awards, we can't help but notice her slimmer frame of late.

Perrie has always been petite, but has denied ever going on a diet. She said, 'In this industry, you have to be fit and healthy. You need to eat the right things for energy. We're not going to be like, "Oh, I'm going to starve myself today."' "

While vain Zayn has been posting brooding black-and-white selfies and showing off his rumoured new girlfriend, former *Hollyoaks* actress Wallis Day, without any regard for Perrie – she's not afraid to play him at his own game.

Matching his selfies like for like, Perrie and Zayn appear to be embroiled in a war of 'likes', and both posted a late-night 'mirror selfie' within days of each other.

Lauren Hill-Roger



Kourtney said Scott could never be relied on for anything

Daily workouts have given Kourtney a toned and shapely bod



Perrie and Zayn, happy together in 2013 at the premiere of 1D's movie



Wearing this dress, it's hard not to notice how slim Perrie has become

KATIE AND KIERAN'S rows over Pete

The couple have had words over Katie watching her ex, Peter Andre, perform on *Strictly*...

She's been putting on a united front with her husband, sharing photos of their cosy date nights with fans, and hitting a red carpet event together for the first time in months. But behind closed doors, it's a different story for Katie Price and her third husband Kieran Hayler, 28.

Tensions are rising as Kieran struggles with Katie watching her ex, Peter Andre, 42, shining on *Strictly Come Dancing*.

'Kieran is finding it really tough seeing Pete do so well on *Strictly*. It's the first time he's had to deal with jealousy, which is a massive turnaround compared to what Katie had to go through with his affair,' a source told *Reveal*.

They added, 'Kieran's really worried that Katie thinks Pete is so much more successful than he is. Katie feels he needs to get over it and stop taking everything so personally.'

STRICTLY SPEAKING, KIERAN'S JEALOUS

Despite saying she wouldn't 'be sitting next to Kieran on the sofa watching Pete' last month, Katie has let her two children with Peter, Junior, 10, and Princess, eight, watch their dad perform each week. As a result, she's become engrossed herself.

'Kieran can't stand Katie watching *Strictly*, but she says the kids have "every right to watch and support their dad"', said our insider.

Things got worse when Kieran organised an activity for the family to do on a Saturday night – when *Strictly* is on. 'Katie told him at the last minute that she couldn't do it because the kids wanted to watch Pete on *Strictly*.'

'Kieran has to go on long walks sometimes to clear his head. But after Kieran's cheating, Katie doesn't like it if he is not contactable.'

On the day Peter received two perfect 10s after his storming Charleston with partner Janette Manrara, topping the leader board again, Katie hinted on social media that things might not be hunky-dory at home.



Peter and dance partner Janette are fans' favourites

The whole family loves *Strictly* – except for Kieran

Katie's hubby is well jel of successful Peter



Instagram / @officialkatieprice

She posted a motivational message on Instagram, saying, 'You have this one life. How do you wanna spend it?' (Full message, right.)

Our source added that Katie doesn't understand Kieran's behaviour, because she stood by him after he cheated on her with two of her best friends. 'She's always telling him how great she thinks he is.'

But Kieran can't wait for *Strictly* to be over. 'It's like a punch in his stomach every time it comes on TV,' said our insider.

And it looks like Peter will be dancing across our screens for a while yet!

Lisa Blake

"You have this one life. How do you wanna spend it? Apologizing? Regretting? Questioning? Hating yourself? Dieting? Running after people who don't see you? Be brave. Believe in yourself. Do what feels good. Take risks. You have this one life. Make yourself proud."

Katie put this rousing msg on Instagram

Instagram / @officialkatieprice



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WORE THE
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Instagram/kimkardashian

KRIS' SENSATIONAL

The Kardashians drop a cool £2 million on matriarch Kris Jenner's super-stylish 60th bash...

60th

She spends her days managing her five girls and has invested years into their careers so, when it came to Kris Jenner's 60th birthday, they went all out to spoil their momager.

Kourtney, Kim, Khloé, Kendall and Kylie threw their mum a glamorous *Great Gatsby*-themed bash in West Hollywood that included a private performance from Kanye West, a multi-tiered cake and incredible 20s-themed costumes.

The champagne was flowing and the huge studio the girls had rented was transformed with thousands of white balloons, large chandeliers and gorgeous white orchids cascading from the ceiling.

Kris looked amazing in a stunning white gown, short black wig and elaborate headpiece, while her girls were all picture-perfect in their Daisy Buchanan-inspired outfits – except for Kris' eldest daughter Kourtney, who went as Gatsby himself, rocking a black tux. Other celeb guests included *American Idol* host Ryan Seacrest, model Chrissy Teigen and her husband John Legend, Kylie's boyfriend Tyga and Mel B and her husband Stephen Belafonte. Rob Kardashian – who's shunned the

limelight recently – appeared to be missing from the party, although his name was on the invite along with his sisters'.

Despite all the glitz and glam, the most entertaining part of the do was a parody music video the girls played out to the guests. Poking fun at the cheesy 'I Love My Friends' video Kris made when she turned 30 back in 1985, the hilarious spoof features all five of her daughters dancing and singing along to their own version. It includes cameos from Justin Bieber, designer Valentino, Kris' boyfriend, Corey Gamble, and even her ex-husband, Caitlyn Jenner (formerly Bruce), who filmed her section from a luxurious bubble bath.

It seems the Kard-Jenner girls' efforts paid off, as Kris later posted a picture of the venue and party decorations, writing, 'Best party I've ever been to! Greatest night ever @kourtneykardash @kimkardashian @khloekardashian @kyliejenner @kendalljenner @robkardashian You guys are my life and heart and this was beautiful, spectacular and gorgeous! I love you beyond measure. Thank you for an epic party.'

Kelly Jenkins



Kim and Kanye at the Gatsby-inspired do

Instagram/kimkardashian



Gatsby himself (Kourtney) with glamorous Kylie

Instagram/kyliejenner

Photos: Instagram

'I'M SCARED I'LL REVEAL SECRETS IN MY SLEEP'

Hollyoaks babe Jorgie Porter, 27, opens up about her crushes, squats and biggest fears, before entering the I'm A Celebrity... jungle

HAVE YOU BEEN PREPARING YOUR BODY FOR THE JUNGLE?

I do lots of squats at home. I don't want to lose my bum in the jungle from rations, so I will carry some rocks in my pockets to avoid that! This process has been so quick – I didn't know I was doing the show until two days before I flew to Australia. So I haven't been preparing my jungle body, I've been eating burgers in LA.

WERE YOU IN THE STATES DOING AUDITIONS?

No, I just had the week off for my holidays. I got to catch up with Matt Evers, my [former *Dancing on Ice*] skating partner, who was out there, too.

HOW DO YOU FEEL ABOUT BEING NAKED ON CAMERA?

They catch you naked? My bare bum? My mum has always said to me, 'Never show your nipples or your tiddy,' so that's what I can never do.

ARE YOU LOOKING FOR LOVE IN THE JUNGLE?

I'm single, but I wouldn't consider a fumble in the jungle as I don't think my mum would be very impressed.

WHAT CAN A GUY DO TO CATCH YOUR EYE?

I like it when guys are funny, crazy and can act stupid, and when they're not scared to play a bit of a dimwit.

YOU HIT IT OFF WITH THE GUY ON CELEBRITY FIRST DATES, ARE YOU STILL DATING?

Craig isn't on the scene any more. It just didn't work out.

WHO'S YOUR DREAM CELEBRITY CRUSH?

Channing Tatum! I've been on lockdown since I arrived in Australia, so I've spent a week watching *Magic Mike*, which is a mistake because there's going to be no-one like that in the jungle!

WHAT WILL YOU FIND MOST DIFFICULT IN THE JUNGLE?

The lack of food will be hard. I work long hours on *Hollyoaks* and I often don't get a chance to eat properly. But then I get 'hangry', as I put it. I get grumpy and angry because I haven't eaten. I'm also petrified of spiders. At home, I have to phone my mum to tell her to get rid of them!

DO YOU EVER SLEEPWALK?

No, but I talk in my sleep...

SO YOU COULD BE REVEALING SECRETS WHILE YOU SNOOZE?

I could say anything! That's a worry, for sure.

APART FROM FAMILY AND FRIENDS, WHAT WILL YOU MISS THE MOST?

I spend two hours a day on Twitter and Instagram. My thumb won't be exercising as much. I will miss my bed, too, because I love my sleep.

HAVE YOU BEEN GIVEN ANY ADVICE?

My mum's scared for me because the cameras are on 24/7, so she's told me to be discrete and help with chores.

Adam Tanswell

I'm A Celebrity... is on ITV daily at 9pm



Jorgie has wowed us once before on *Dancing On Ice*, but will she prove to be a jungle queen?



Check out TOWIE star Danielle Armstrong's daily blog on I'm A Celebrity... Get Me Out Of Here! over at reveal.co.uk



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Are they or aren't they? The glamorous pair are causing talk

What chance DO THEY HAVE NOW?

As Nicole Scherzinger and Lewis Hamilton are rumoured to be back on for the gazillionth time, we question whether on/off relationships can last the distance

Lewis Hamilton and Nicole Scherzinger sparked rumours that they were dating AGAIN last week. If the speculations are true, this makes it their seventh attempt at a relationship in eight years.

The pair had been partying in London nightclub The Box and left within five minutes of each other.

Nicole's people denied they're dating, saying it was a 'coincidence' they were in the same place at the same time, and Lewis' team have declined to comment.

But the rumours persist that they ARE back together again.

We asked relationship expert Sam Owen if things might be different for them this time. Could a couple who've split up more times than Formula 1 champion Lewis has done laps around a race circuit really last the distance?

Sam believes they can.

'It's clear something keeps pulling them back together, time and time again, and they feel they've still got some sort of unfinished business,' she tells us.

'We have to remember that, with them, it's not the same scenario as two people who aren't in the celebrity world.

'They have really busy schedules, a lot of commitments, therefore it's very understandable that they may have broken up due to practicalities and logistics in the past. Yet the emotional connection could be so great that they feel drawn to each other once again.'

LEAVING THE PAST BEHIND

Since they split up in February, Nicole, 37, has been linked to musician Ed Sheeran, 24 (although his rep denied the claims), and dated Swiss footballer Pajtim Kasami, 23, while Lewis, 30, is said to have dated model Kendall Jenner, 20, and singer Rihanna, 27. He insisted he's just on friendly terms with both ladies.

Sam says the pair will have to put any dalliances behind them if they're keen to rescue their romance.

'If they're hanging out together again, they've already decided in their hearts that it doesn't matter if another person's been



Nicole had a fling with footballer Pajtim while she was away from Lewis



Pop beauty Rihanna was rumoured to be one of Lewis' dates

in the picture – they're just focusing on whether something can happen between them,' she says.

However, it was suggested they split because Nicole wanted to start a family, but

Lewis didn't feel ready. It's also been reported that distance and hectic work schedules caused problems.

But Sam says, 'If they want it enough, they'll make it work. There's a great quote by the motivational speaker Jim Rohn – "If you want to do something, you'll find a way. If you don't, you'll find an excuse."'

Rebecca Greenow

Sam Owen is a relationship coach and psychologist who helps clients globally. For free advice, visit relationshipscoach.co.uk



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Goodness knows what Lord Sugar makes of it all

THE APPRENTICE'S REALITY TV *makeover*

Amid verbal warnings, off-screen scraps and a steamy hook-up between contestants, *The Apprentice* is in danger of morphing into *Big Brother*...

With 18 success-hungry hopefuls, 24-hour surveillance and a series of increasingly wacky tasks to tackle, BBC's *The Apprentice* could be mistaken for its reality-TV rival, Channel 5's *Big Brother*.

But, while past contestants have tended to have a certain business acumen, this year's motley crew, who are battling for a place as Lord Alan Sugar's protégé and a £250,000 business investment, are in a class of their own.

Hitting headlines for brawls in the boardroom, boozy parties and steamy one-night stands after just a few weeks, there's every chance Lord Sugar will have to point his formidable finger and fire them all before the series finale.

But, with last year's contestant, Essex boy James Hill, 27, winning the latest series of *Celebrity Big Brother*, and baker-turned-boob-flasher Luisa Zissman (2013's runner-up) also gracing the C5 show, the stars of this year's *Apprentice* are already halfway to paving out their career in reality TV.

THEY CAN'T KEEP THEIR HANDS OFF!

Elle Stevenson, 21, and Mergim Butaja, 23, reportedly had a one-night stand after a party thrown by fellow competitor Natalie Dean last fortnight.

A source said, 'Tension had been building between them, then they snuck away from the group and had sex.'

Last year, James Hill and his fellow *Apprentice* candidate Lauren Riley, 28, are also said to have enjoyed a fling, while 2013 candidate Jordan Poulton said he spent a lot of time in cupboards with Luisa Zissman, and baby-faced



Selina, Charleine and Jenny are all smiles (ahem)



King of the Hill: James went on to win *Celeb BB*



There's been plenty of muck-sliding already this series

2014 candidate Solomon Akhtar confessed to having a sex tape.

BOARDROOM BUST-UPS

During the launch of the latest series last month, candidate Selina Waterman-Smith, 31, revealed her background as a podium dancer, later fearing she could be deported from her home country of Dubai, due to its strict laws against exotic dancers.

Yet cabaret-business owner Selina courted controversy again when she was accused of 'shoving' fellow contestant Charleine Wain, 31, after a task that involved buying horse manure.

Perhaps appropriately, their efforts turned to s**t when they lost the challenge and ended up in an intense boardroom battle.

After accusing Selina of acting like 'an irritating wasp at a picnic', Charleine was said to be 'shocked' when Selina pushed her outside the boardroom, later receiving a verbal warning from the BBC.

She later tweeted, 'Producers don't see everything, like snatching, jostling, snide comments and "off camera" things, but they might see self-defence from me'.

Also, current candidate Gary Poulton was recently arrested after a 'domestic disturbance', but released without charge.

Phew... if that's what they've been up to already, we won't be making any other plans for our next few Wednesday nights.

Lauren Hill-Roger



Did Elle and Mergim get down to 'business' of a different kind?



Solicitor Lauren allegedly got it on with James

Reveal says

'Lord Sugar might not approve, but it makes for compulsive viewing!'

'I'LL HELP DELIVER Sam's baby!"

TOWIE's Billie Faiers tells us why she's putting her wedding on hold and how sister Sam's baby bump is making her broody again...

It's fair to say Billie Faiers has got babies on the brain. Already mum to daughter Nelly, now 16 months old, with her fiancé, Greg Shepherd, the gorgeous *TOWIE* star can't wait to expand her little family. And, with younger sister Sam, 24, expecting her first baby in January, Billie is definitely feeling broody.

'I've always said I want two kids really close together in age, like me and Sam, so I originally wanted to be pregnant by Christmas,' she says.

'But I've got so much going on at the minute that it might end up being the beginning of next year.

'I do want another baby soon, though – I definitely don't want a massive gap! I'd like two kids, and I can see me and Greg with just girls. Any more would

be lovely, but I'd be happy with two.'

Sam's baby is due in the new year, and Billie is planning to be right there beside her sister when she gives birth.

'I'm going to be in the delivery room with my mum and Paul [Knightley, 26], Sam's boyfriend,' says Billie, 25.

'I'll help in any way I can. It's a real honour. I'm so excited, because I've never seen anyone give birth.

'Sam was there for me when I had Nelly, so now I'm repaying the favour.'

Billie adds, 'She's been coming to me for tips. I've told her to rest as much as she can, relax and make the most of the last couple of months of pregnancy.

'She's definitely making me broody again. I really enjoy being pregnant so, when I see her, I think, "I miss my bump!"'

Billie's been engaged to businessman Greg since February 2014, and the pair were hoping to wed next September. But the busy working mum – who has just launched a glam Christmas clothing collection with In The Style, inthestyle.com – has had to put the preparations on hold.

'We're looking at 2017 for our wedding now. We've moved everything back a little bit,' she says. 'So we're planning another baby in 2016, and then a wedding the following year.

'I'm just so busy at the minute. It can be quite challenging, juggling being a mum with work and everything else. I don't have a full-time nanny or childcare, so my mum helps me out a lot.

'I don't know how we get through it sometimes, but we manage – we juggle it! It can be quite stressful.'

WANTED: A WEDDING PLANNER

Billie has one priority before she starts to lock down details for her big day... a wedding planner.

'If I didn't have one, I could imagine myself becoming a bit of a bridezilla. That's why I'm a million per cent going to hire a good wedding planner,' she laughs.

'It's so exciting, but literally nothing is coming together yet – we haven't sorted out one single thing!'

Billie's been taking bridal inspiration from Instagram and already has a few ideas for the dress, venue and all-important hen do.

'I still haven't picked a wedding dress – I haven't even tried one on – but I follow a lot of nice Instagram accounts and I know the shape I'm going for. I want a fitted dress with a sweetheart neckline and fishtail. I definitely wouldn't go for a meringue! Abbey Clancy is my wedding

Instagram/@billiefaiersofficial

Billie is keen to give daughter Nelly a sibling before too long



A wedding planner is on Billie's wish list

style inspiration. She looked lovely – she wore the shape I like. I'd go for something very glamorous but with a sleek silhouette.'

While the lovebirds have yet to agree on a venue, Billie's got summer sun in mind.

'We haven't decided if the wedding is going to be here or abroad, but I fancy somewhere really nice in Europe,' she says. 'Maybe a lovely little Greek island, or perhaps Italy.'

'I did originally want a big, glamorous wedding like Kim Kardashian, but I don't want to have to talk to so many people on my wedding day, so now I want it to be close friends and immediate family.'

'For my hen do, I think I'll go to Vegas with the girls. I'll let my maid of honour, Samantha, organise the theme – I think

she'll come up with something really fun.'

GREG'S A HANDS-ON DAD

While Billie is one of the most recognised faces on *TOWIE* – she's been a part of the show since series two – Greg has shunned the limelight... and for good reason.

'I think it's massively helped our relationship,' she says. 'It's great that we've both got our own things going on.'

'Greg's different to the *TOWIE* guys – he gets on with them all, but he's a bit older and more mature. He's had all his years of partying and has got other responsibilities now. I'd hate to constantly be picked to pieces over my relationship.'



Sister Sam is expecting her baby in January

Instagram / @billiefaiersofficial



Billie's fiancé Greg stays out of the TOWIE spotlight

Instagram / @billiefaiersofficial

Billie also says Greg is a fantastic dad to Nelly. 'She's a proper daddy's girl. He bathes her, makes the bottles, and just has fun with her. We're a really happy little family – I can't wait for what the future holds.'

Kelly Jenkins

Billie's collection is available now from inthestyle.com

Turn over to see Sam's blooming bikini bump





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Bloomin' gorgeous!
Sam's proud to show
off her bump

SAM BARES HER BUMP ON

babymoon

Sam Faiers shows off her blossoming baby bump as she celebrates her first anniversary with boyfriend Paul Knightley during a romantic sun-soaked break

With just two months to go until the birth of her first baby, Sam Faiers' bump is certainly growing.

The gorgeous mum-to-be glowed as she showed it off in a bikini during a romantic holiday with boyfriend Paul Knightley.

The loved-up pair met a year ago and jetted out to the Maldives in celebration.

'It's an anniversary and babymoon rolled into one,' says Sam, 24. 'We're just going to chill, eat loads and get a nice tan.'

'I'm proud of my bump, so it'll be nice to show it off. I'm not going to hide it. I think it's really sweet finally seeing it pop out. I've got something to show!'

Sam's property developer boyfriend, who she met on a night out with friends, agrees. 'I think it's lovely to see a pregnant

girl in her bikini,' he says. 'There's something very attractive about it.'

Sam and Paul, 27, both looked relaxed, happy and completely smitten as they strolled along the beach hand-in-hand.

At one point, Paul put his hands protectively on Sam's bump as she nuzzled into him, and they later shared a kiss while paddling in the white sea.

Paul even treated Sam to a private dinner on the waterfront during their super romantic trip.

The delighted former *TOWIE* star posted a picture of the gorgeous sunset setting on Instagram, writing, 'I have the best boyfriend. Organised me a beautiful private dinner on the beach #babymoon.'

Kelly Jenkins

The lovebirds
couldn't keep
their hands
off each other

**Reveal
says**

'Holiday or no holiday,
you look absolutely
radiant, Sam!'



Non-Angel Joan Smalls made a guest appearance



Instagram @kjenner

Kendall Jenner and Gigi Hadid pucker up for a snap



Lily Aldridge wowed in the £1.3 million Fireworks Fantasy Bra



All eyes were on Kendall as she made her debut

VI

CTORIA'S SECRETS *revealed!*

Last Tuesday, US lingerie brand Victoria's Secret celebrated its 20th annual fashion show in New York, attended by a whole host of famous faces from all over the globe.

Yet, despite the extravagant production costing an estimated £7 million (the Fireworks Fantasy Bra alone – which features 6,500 gems, including diamonds, blue topaz, yellow sapphires and pink quartz, set in 18-karat gold – cost £1.3 million), all eyes were very much on the models themselves – dubbed the 'Angels'.

And, despite many idolising the likes of Gigi Hadid and Kendall Jenner, the reality of the reportedly strict entry requirements is more gruelling than glamorous...

We go behind the scenes at the most glittering catwalk show of the year, as the Angels reveal just what it takes to join their exclusive club

POSITION: VICTORIA'S SECRET ANGEL

SUMMARY OF POSITION

As one of the most famous supermodels in the world, your face and body belong to Victoria's Secret. You will also need to be available at all times, to fly anywhere, and model for the annual catwalk show.

Hours: Part-time – 50 days a year, with 'unpredictable' working hours.

Salary: The company turns over £3.9 billion, but you could take home anything from £66,000 to over £10 million (Adriana Lima's rumoured pay cheque).

REQUIREMENTS

Height: Said to be 5ft 9in – no more, no less

Weight/ BMI: Angels allegedly have no more than 18 per cent body fat (but anything below 14 per cent and you could risk organ failure)

Measurements: 34-24-34 (a size 6)

DUTIES AND RESPONSIBILITIES

Exercise: You're likely to be weightlifting four times a week, including squats, deadlifts, bicep curls and push-ups. Cardio sessions up to

twice a day – including pilates, boxing, running and skipping. Extreme 'ballet beautiful' and Brazilian 'butt lift' classes.

Diet: Probably protein shakes with coconut water, kale, blueberry, hemp milk, vegan plant protein, toasted coconut and pollen. A spoonful of butter to boost energy. No alcohol, no meals after 6pm.

Before a show: Adriana Lima reportedly went on a nine-day liquid-only diet before a show, and stopped drinking 12 hours before her catwalk appearance to avoid bloating.

Behaviour: Insiders claim that models are expected to 'know their place', as saying anything controversial could cost them their job. Also, in the past, Angels have been linked to celebrities – whether they're single or not.

Lauren Hill-Roger



WHAT THE ANGELS SAY...

JOURDAN DUNN

After dropping out of this year's catwalk show, supermodel Jourdan, 25, tweeted, 'Feeling so much better about not doing BS... sorry, I mean VS now that Rihanna isn't doing it also.'

CAMERON RUSSELL

Former Angel Cameron, 25, said of her fellow models, 'They have the thinnest thighs, the shiniest hair and the coolest clothes. And they are probably the most physically insecure women on the planet.'

ALESSANDRA AMBROSIO

On her tough workout and diet regime, Alessandra, 34, said, 'You work out as an athlete. All your mind, all your everything goes into it.'

SEND ALL APPLICATIONS TO VICTORIA'S SECRET EXECUTIVE PRODUCER @ED_RAZEK... IF YOU CAN CATCH HIM – HE'S USUALLY SUNNING HIMSELF ON MIAMI'S SOUTH BEACH.





DANIELLE & LOCKIE WEDDING BELLS?

They shared a kiss on the season finale of *TOWIE* last week, and James Lock and Danielle Armstrong's romance looks like it's the real deal this time round.

After the programme aired – which showed Dani, who wore a Kate Middleton-inspired wedding dress for the Royal party theme, tell her ex she missed her 'best friend' – Lockie wrote on Twitter, 'You do look good in a wedding dress though @daniarmstrong88.'

Dani, 27, who ended things with Lockie, also 27, in July after a video emerged of him flirting with Verity Chapman, also posted a picture of the two of them clinking glasses, captioning it, 'Cheers to two people who have a lot of respect and love for each other, no matter what we have been through.' Could a wedding be on the cards? We hope so!

COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

RYLAN & DAN JUST MARRIED!

Ecstatic Rylan Clark broke his silence on his wedding to his long-term love, *Big Brother* star Dan Neal, last week. The former *X Factor* contestant, 27, who is believed to have wed Dan in front of celebrity guests Claire Richards, Katie Price, Matt and Emma Willis and Amy Childs on 7 November, told Eamonn Holmes and Ruth Langsford, 'We want to thank everyone who made our day so special. To all our friends and family, we couldn't have done it without you. And to all our well-wishers – thank you for being so lovely. All our love, the Clark-Neals.'

It sounded like a big do, with a rumoured performance by Sugababes and an open mic until 2am. We bet Rylan hit a few high notes!



KATIE & RICHARD 'BEST DAY OF MY LIFE'

Her journey back to health following a brutal acid attack seven years ago has inspired millions.

And Katie Piper, 32, finally got the fairytale ending she deserved when she married her partner of three years, Richard Sutton, last week.

The pair – parents to 19-month-old Belle – said 'I do' during an intimate ceremony watched by those closest to them.

'Second only to the birth of our daughter, marrying Richie has been one of the best days of my life,' said Katie, who looked radiant in a lace gown by couture label Kolchagov Barba.

Reveal has made a charitable donation to the Katie Piper Foundation in return for using this picture. Congrats, guys!



THE ROCKY ROAD OF LOVE

JESS WRIGHT, 30

JONATHAN HOLMES
(2007-2011)
Jess is said to have met businessman Jonathan at Westminster University, where she studied marketing and business management, in 2007. The pair were together for four years before splitting in 2011.



RICKY RAYMENT
(APRIL 2012-
DECEMBER
2014)

They made their relationship official during *TOWIE*'s trip to Marbella in 2012 but, despite gushing about marriage, Jess and Ricky's relationship turned bitter after their split. He claimed they lacked a sex life, and she blasted him for his immaturity. He went on to date Marnie Simpson.





GWEN & BLAKE 'BLAKE HAS HELPED ME'

When Gwen Stefani recently admitted in a radio interview that her *The Voice* co-host Blake Shelton was a 'rad guy' and had 'really helped her', fans assumed she was just referring to him having been supportive in the aftermath of her split with husband-of-13-years Gavin Rossdale in July.

But the pop star's words are all the more poignant since reports emerged last week that the reason behind her break-up with the Bush frontman was because he had been having a three-year affair with their former nanny Mindy Mann (below).

Stateside mag *US Weekly* claimed Gwen, 46, confronted her husband about having an affair after another of their childminders discovered messages and nude photos on the family's iPad. Gavin allegedly brushed it off as 'flirtation' at first, before eventually confessing to cheating. 'It completely devastated her,' a source revealed.

But with sources last week revealing that Gwen's new romance with Blake, 39, is 'real' and 'they're in love', it seems that Gwen – who has three boys, Kingston, nine, Zuma, seven, and Apollo, 20 months, with Gavin – has already moved on from her ex's alleged infidelity. Another source said that their 'chemistry and spark is undeniable'. The pair are said to have grown close after Gwen split from Gavin, and Blake finalised his divorce from country singer Miranda Lambert.

A spokesperson confirmed their relationship, saying, 'Blake and Gwen work together and are both single and have recently started dating,' – the same day they stepped out publicly as a couple.

Rossdale's rep has so far declined to comment.

**Lauren Hill-Roger
& Lisa Blake**



**DAN EDGAR
(MARCH - MAY 2015)**
After sharing their first snog at a St Patrick's Day party, Jess' brief fling with *TOWIE* newbie Dan Edgar fizzled out just two months later, after she admitted he 'wasn't rough enough around the edges'.



**CONNOR WICKHAM
(JUNE 2015)**
Jess enjoyed a PDA with Crystal Palace football player Connor, 22, at a pool party in Marbella. They swapped numbers, but the holiday romance didn't last back in Blighty.

**PETER WICKS
(JUNE 2015-PRESENT?)**

She was immediately attracted to Pete when he joined the show during this year's Marbella jaunt but, while the tension has been simmering for months, the *TOWIE* twosome looked very cosy at Pete's fireworks party recently. Watch this space.



Lisa Blake

RESCUING *the* BLAND





The TOWIE star tells it straight – every week!

It's Bobby XX



As groupies go, Ed's not a bad one

TOWIE'S #1 FAN

There's rumours that Ferne McCann's doing *I'm A Celebrity*... Having swallowed my fair share of jungle treats on the ITV2 spin-off last year, I know the camp mates are in for an interesting few weeks. *X Factor* is also hotting up and I'm girl crushing on Louisa Johnson – that girl has the lungs of Mariah! I did the finale of *Xtra Factor* last year – what a night! Turns out Ed Sheeran watches *TOWIE*. When I was there, a girl came over and asked for a pic. She said, 'Me and my boyfriend love the show, can he have a photo when he gets back from singing?' Long story short, she called him and said, 'I'm backstage with Bobby, are you finished?' Next thing, the door opened... and it's Ed bloomin' Sheeran!



Oopsy-daisy!

Jennifer Lawrence fell over AGAIN at the Madrid premiere of the new *Hunger Games* movie. It's the third time she's tripped up at a major event. It's bad enough when you fall over in Lakeside or coming out of Zizzi's, let alone on the red carpet – there's no way of styling it out! It reminds me of how clumsy Lauren Harries was on *Celebrity Big Brother* – maybe they're related!



IT'S GOODBYE FOR NOW...

Last week's *TOWIE* finale was emosh, wasn't it? Nanny Pat's party was a Wright royal affair and it was so nice to make her queen for the day! I love Nanny Pat, and she really is the surrogate grandparent to all of us. We literally do call her 'Nanny'. Pete Wicks and Jess Wright also had a smooch at the end, so who knows what'll happen now. Sadly, my gut feeling is that they're more Ant and Dec than Romeo and Juliet.



The man in the moon

There's been a lot of division over the new John Lewis Christmas ad but I reckon they've pulled it out of the bag. I tweeted that I loved it, but I got replies saying, 'What's it got to do with Christmas or with the store?' What's baffled people is that the old man is on the moon. If he was sat on a couch at home it might have hit home more, but I think it's metaphorically showing that's how isolated people feel when they're alone at Christmas. It's like being an outsider looking in on the love of a family through a telescope. Check me getting all philosophical – I'm like Denise Robertson, trying to interpret this ad!

Missed last week's Bobby column? Read it at reveal.co.uk

Photos: Erolime.co.uk, Getty, ITVBee, John Lewis/Planet Photo, Rex

KIM'S BABY NAME REVEALED!

As we count down the days until the newest addition to the K-klan arrives, parents-to-be Kim Kardashian West and husband Kanye are probably still agonising over choosing their son's name.

The jury is still out on 'East' or 'South' (to go with big sister North), but Kim's nephew, Mason Disick, five, may have pipped Kanye to the post when it comes to wacky baby names. He's suggested 'Preston Dollar West'. We kind of love it!

Meanwhile, eight months pregnant with her second child, Kim's perfectly within her rights to give in to the odd sweet craving.

Diving into a pack of chocolate digestives is one thing, but Kim, 35, took it a step, or flight, further – hopping on a plane to Paris to indulge in her favourite cheesecake.

Talking about her day trip, Kim said, 'I flew in, maybe like a couple of months ago, just to have a last hurrah of all the food I'm not going to be able to have for a while. It really made my day.'

But Kim later revealed that she's gained 52lb (3½st) – which is roughly double the average weight gain doctors advise during pregnancy.

'OK, I'm 52lb up today... and I still have six weeks to go! I got my work cut out for me!' Kim tweeted.

Kim and Kanye are looking forward to welcoming their new son and heir



Kourtney's eldest son, Mason, has a great name for Kim's baby



ROLL UP, ROLL UP...

Adele says hello to her backstage beauty team



Instagram/@adele

Now that our frazzled hair is crying out for us to ditch the straighteners, the big bouncy blow-dry is back in style.

And forget spending hours in the salon in your rollers – these celebs are rocking them for the world to see.

Glamour model Danielle Lloyd, 31, matched her rollers to her T-shirt while revving up for a night out, while megastar Adele, 27, shared a rare backstage shot of her beauty prep before performing her new single, *Hello*, at the NRJ Music Awards in France.



Danielle does her Dot Cotton impression

Instagram/misslloyd

KELLY'S WAISTING AWAY

Model Kelly Brook is, for many, the ultimate pin-up for womanly curves and a more 'realistic' and achievable body shape.

But, like every woman, Kelly, who turns 36 next week, occasionally needs a little help. Last week, she appeared to confess to digitally altering her pics – likening the app to 'chicken fillets' and Spanx.

Kelly, the face of popular diet Atkins, tweeted, 'Slightly Photoshopping pics is no different to women wearing fake hair, putting chicken fillets in their bras, squeezing into Spanx or having filler and Botox in their faces. None of which I do. We all want to look our best in pics. Having your waist smaller makes your curves bigger!'

We think you look gorgeous as you are, Kelly.



Left, Kelly in the flesh. Right, her nipped-in waist on Instagram

Instagram/@iamkellybrook

J.LO'S BOOTY CALL

Famous for her gravity-defying derrière, Jennifer Lopez certainly isn't afraid to show it off. During her high-energy performance at the iHeartRadio Fiesta Latina, J.Lo, 46, pulled off the kind of flexible antics even yoga fanatic Madonna would be proud of, all while flashing her legendary pert behind.

Her nude bodysuit, on the other hand, didn't quite make it through her racy routine, as the zip came apart. But, like a real trooper, Jennifer carried on.

And, let's be honest, who hasn't popped a button or two during an enthusiastic *Booty* routine on a night out?

Jennifer rocks a see-through bodysuit - like you do!

At a flexible 46, J.Lo shows exactly what she's made of...

Twitter princess Dylan-Jorge

KERRY'S HEARTBREAK RIDDLE

Mum-of-five Kerry Katona ended her relationship with husband George Kay in early October but, just weeks on, the singer is putting on a brave face as she vows to move on from her sadness.

She tweeted, 'My tears and

heartache have been wasted! I guess it's time to move on to the good times ahead! Out with the old, in with the new.'

Yet, while Kerry, 35, is plastering on a smile, we suspect that this is yet another game of cat and mouse, after her ex George tweeted he'd had one of the 'best weeks of my life' hours before.

Kerry has also been posting sweet videos with her daughter Dylan-Jorge, 17 months, her child with George. Could this be a ploy to show him what he's missing?

Meanwhile, the videos also reveal that her engagement ring is still very much on. What's up, Kerry?

Lauren Hill-Roger

Twitter/@KerryKatona7

Kerry Katona @KerryKatona7 · 18h
If doesn't make you smile, nothing will!
Loving my little princess 🥰❤️💎

Kerry Katona @KerryKatona7 · 12h
Sweet dreams one and all..Had a lovely day and the biggest wake up call ever!! Always know your self worth.on to a bigger and better life X

Twitter/@KerryKatona7

Shunning THE SPOTLIGHT?

After years of hard work, these stars are all taking a break from showbiz – and ‘Netflix and chill’ is high on One Direction’s to-do list...

1D BREAK TO ‘GO BACKPACKING AND WATCH BOXSETS’

Last week, Directioners everywhere were queuing up to get their hands on a copy of *Made In The A.M.*, One Direction’s final album before taking a well-deserved break.

They played their last gig in Sheffield at the end of October and are now deciding how to spend their extended hiatus.

Louis Tomlinson, 23, is about to become a dad for the first time with former fling Briana Jungwirth, also 23, and is heavily rumoured to be a judge on next year’s *The X Factor*, where the boys’ careers began.

Liam Payne, 22, will spend time with his mum ‘eating pies’, while fellow 22-year-old Niall Horan plans on backpacking with friends around Australia and Thailand, adding, ‘I did think about dying my hair brown so I won’t get recognised.’

Meanwhile, Harry Styles, 21, says, ‘I keep wondering whether I should watch all those great shows I’ve missed, like *Breaking Bad* and *Mad Men*.’



Taylor is taking time out for a long trip with Calvin

Inspired by Adele, *Bad Blood* singer Taylor Swift is planning some time away from the limelight, too.

As *Reveal* disclosed last month, Taylor, 25, plans to go on ‘honeymoon’ with DJ boyfriend Calvin Harris, 31, after only managing to grab a few days together in between their busy schedules since hooking up at the BRIT Awards in February.

Taylor admitted earlier this year, ‘I think I should take some time off. I think people might need a break from me. I’m going to hang out with my friends.’ Now an epic gap year-style break after she finishes her tour in Melbourne on 13 December is in the pipeline.

She’s planning an end-of-tour party to coincide with her 26th birthday, and wants to travel to a private Caribbean island, the Egyptian pyramids, Venice, Florence, Paris and even Stonehenge.

‘After touring since May and working constantly since school, Taylor is ready for a break,’ says our insider. ‘Next year is going to be all about her and Calvin. She isn’t worried about taking time out and

knows her fans will stay with her. Adele’s inspired her.’

Taylor’s planning a not-so-Swift break with Calvin



From duvet days to fatherhood, the boys have big ideas for their time off

SELENA GOMEZ 'WANTS OUT'

She may only be 23, but Selena Gomez has already had her fair share of drama and is now considering ditching fame for a quieter life, according to insiders.

After a tumultuous relationship with Justin Bieber, 21, cancelling tour dates in 2013 and a voluntary two-week stint in rehab attributed to exhaustion, sources say that Selena's latest, well-received album, *Revival*, could be her last. And that she could even be done with acting as well.

'Selena cries a lot about the back-stabbing in the industry,' says our source. 'She was undergoing chemo for lupus, but was staying up all night with Justin at the time, too.'

She's a bit of a mess and she wants out,' the source adds.

Even a relaxing fortnight-long break in Mexico in April this year led to misery when she was fat-shamed on social media.

SAM SMITH CONFIRMS CAREER BREAK TO LOOK FOR LOVE

He's had a busy three years since rising to fame on Disclosure's hit *Latch*, and now Sam Smith has revealed he's taking time out from music to focus on his private life.

Following on from his success in being the first artist to reach No.1 with a James Bond theme tune, the *Writing's On The Wall* singer has said he'd like to spend time dating.

'I'm sad but, also, it feels right. It's my last performance in America, and it feels good to do it in such a beautiful setting,' he said. 'I've been going now for three years non-stop, and it feels right to just go home, live my life and be a 23-year-old. I'm always inspired by [the ups and downs of my love life], but it'd be good to spend some time dating.'

Sam's debut album *In The Lonely Hour* was inspired by a dose of unrequited love so, if the break goes well, maybe his next one will be full of up-tempo romantic numbers!



Ed, coming soon to a charity shop near you

ED'S TAKING UP CHARITY WORK

Ed Sheeran is apparently planning to put his domination of the music world on hold to volunteer at his local charity shop.

Ed, 24, is keen on working behind the tills in the Sue Ryder shop in Framlingham, Suffolk, his hometown, according to the shop's staff.

The singer's confirmed he's stepping out of the limelight, saying of his latest track, *Lay It All On Me*, with Rudimental, 'This is the final thing I'm releasing for a while.'

He added that he'll switch off his phone and 'go into the wilderness for a bit'. *Don't stay away too long, Ed!*



The 23-year-old wants to spend some time dating

I WANT what she's got!

We show you where the celebs have been shopping this week

CAROLINE FLACK

The *X Factor* host Caroline is keeping up with judges Rita and Cheryl in the style stakes. This strapless mini dress looks cute and the metallic heels make it extra glam. Extra points for the sleek hair and ear cuff.



DUNE
£85



TOPSHOP
£65



TOPSHOP
£38

JADE THIRLWALL

Little Mix gal Jade goes for a grown-up bouclé co-ord, but keeps it cool by adding a logo tee and ankle boots. Hot from the Topshop premium collection, this little check number is a winter must-have. Just add tights, ladies.

MOLLIE KING

Wow! The Saturdays' Mollie looks stunning in this khaki cut-out number. She knows that this is the colour to suit all blondes and teams it with a wintery berry-coloured lippie and gold heels. FYI, ladies, the triple-strap heel is the celeb must-have this party season and these are under £25, so go, go, go!



LAMODA.CO.UK
£24⁹⁹





DONNA AIR

Model Donna looks effortlessly stylish in her crisp white shirt and tapered trousers. We love how she's added this check cover-up from the brand-new Gok Wan for Tu collection that's available in store and online now. Thumbs up from us!

GOK FOR TU AT
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£35



MISS SELFREDGE
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LAUREN POPE

TOWIE's Popey nails her 'going out-out' look once again with this gorgeous laser cut frock. The burgundy hue is perfect for winter and the sheer detailing makes it an ultimate show-stopper. A sleek glossy blow-dry and lace-up heels is all she needs to complete this look.

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Rebel's launched her own fashion range, Torrid



Big girls are funnier, reckons Rebel

Join the

REBEL-UTION!

After storming our screens with her comedy masterpieces, Rebel Wilson is now leading her very own fashion revolution...

There's no doubt that Rebel Wilson has changed the face of film comedy, and challenged the stereotypes on appearance and gender that have ruled Hollywood for years.

Since size 16-18 Rebel's breakthrough film, *Bridesmaids*, came out in 2011, the hilarious Australian actress and stand-up comedian has given us many LOL moments.

And now she's leading the path in a new 'Rebel-ution' – not only for women in Hollywood, but worldwide – as she launches her first plus size fashion range for women who fit into 12 to 28 – US brand Torrid.

'BIGGER GIRLS MAKE BETTER COMEDY'

Rebel's eclectic range is yet another breakthrough for the fashion world.

Petitions to ban size zero on the catwalk are gaining momentum, and models like Tess Holliday, who is a size 22 and mega successful, are putting up their middle finger to high fashion's unachievable, and often unhealthy, standards. Hurrah!

And forget baggy smocks and frumpy colours that fade into the background! Rebel, 35, looked incredible at her clothing line launch in the States last week, wearing a figure-hugging lace peplum dress.

On breaking the A-list mould, she says, 'I took something that was a disadvantage and turned it into an advantage. Bigger girls do better in comedy. It's very hard to laugh at someone who's very attractive, and normally those people don't have a great personality, anyway.'

'I thought, fat is funny, in a weird way. Or even in a scientific way. And that's going to be my game plan.'

It certainly worked. Rebel is now worth an estimated £3.5 million.

REBEL VS THE KARDASHIANS

It's not just in the fashion world that Rebel has been making waves. In a recent interview with Australian radio station KIIS FM,

Reveal says

'We love your confidence, Rebel. You look fab!'

the *Pitch Perfect* actress slammed the Kardashians. (She recently refused to present an award with Kendall and Kylie at this year's MTV Video Music Awards.)

Rebel said, 'What they stand for is totally against what I stand for.'

'They seem a bit superficial and their careers aren't really based on talent.'

'I know they're super popular, but I'm all about personality and working hard to get to where I am. How Kim Kardashian got famous, was from the sex tape, while I just went to acting school and worked really hard.'

Lauren Hill-Roger



At the launch of Torrid in Los Angeles

REBEL: 1 – KARDASHIANS: 0

Rita's remarks have left the panel and audience in stitches

Rita Ora

THE JOEY ESSEX OF X FACTOR

Judge Rita Ora has made quite a few gaffes during her short time on the TV show

It's lucky you don't have to do an entry exam to land a spot on the judging panel of *The X Factor*, because it looks like Rita Ora might have failed when it comes to her general knowledge. In fact, she makes mistakes that are comparable to former *TOWIE* star Joey Essex.

Her fellow judge, Radio 1 DJ Nick Grimshaw, 31, said in an interview, 'Her naivety is quite charming. She's so funny and she doesn't even know she is being funny.' Check out her hilarious mishaps...

She might have dated DJ Calvin Harris, but Rita, 24, got her geography confused when it came to his homeland of Scotland. She mistakenly thought *The X Factor* auditionee Amy Gunn, who is from

Dunblane, had a Liverpudlian twang. She remarked, 'So you're a Scouser.' And, when Grimmy told her she was from Scotland, she dug herself a deeper hole by saying, 'But don't they call them Scousers, then?'

The singer also got the Caribbean mixed up with Surrey when a contestant said they were from Kingston-Upon-Thames. She said, 'Oh, you're from Jamaica.'

And, yet again, she showed geography isn't her strong point when she asked Cheryl Fernandez-Versini if her home town of Newcastle upon Tyne was 'part of the British Isles'. The Geordie, 32, wound her up and said, 'It's a British colony.'

Nick teased Rita, too, by convincing her

that rather than being part of the Canary Islands, Tenerife was in the Caribbean. He explained, 'We had a guy on from Tenerife and he sang Enrique Iglesias' *Hero*.

Halfway through he started singing in Spanish. She was like, "Where's Tenerife?"

I told her, "It's in the Caribbean and he's singing in French," so when he ended, she was critiquing him really seriously and was like, "You know what, babe, you gave a really good performance and when you started singing in French it became even better," Nick said.

He added, 'Everyone in the arena lost it! I did stitch her up a bit, well 100 per cent, not even a bit.'

Geography aside, the *RIP* songstress also got confused by the name of a frozen treat. When Calypso Larrazet got on stage, she declared that 'Calypsos' were her 'favourite lolly'. Of course, she meant Calippos...

And, after wrongly calling TV show *Songs Of Praise*, 'The Songs Of Hymn', Rita said that you can't 'read a book by its cover' while praising another contestant. It left Nick in hysterics at the time. He explained, 'This one really took the biscuit. Read a book by its cover? That's not right – it's judge a book by its cover. She gets her analogies just a little bit confused.'

To prove him right, she mixed up another idiom when she said, 'I feel like a fish that has jumped out of the water and has been run over. Luckily, Grimmy was on hand to correct her, saying, 'Do you mean a fish out of water?'

Kelly Allen

Nick Grimshaw can't believe some of the things Rita comes out with

A Reveal promotion



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SMORGING STEP-BY-STEP



1 **Gourmet and artisan breads** are essential to the smorging experience – find them in Asda's In-Store Bakery and add crackers and crispbreads.



3 **Add flavour with cold meats.** Parma ham and pungent salami are always popular – have a look at Asda's Extra Special range for ideas.



2 **Next, cheese is a must-have.** Strong or mild, the Castello range offers a huge selection of interesting new flavours for your smorging.



4 **The sweet note can be added** with fresh fruit, lovely with savoury foods. Top your bread, cheese and meat with a fruity slice.

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Extra Special Gran Antipasto Selection, £3 (120g; £2.50/100g), Asda Tomato Focaccia, £1.60, Asda Sliced Chorizo, £1.20 (150g; 80p/100g), Castello Tickler Extra Mature Cheddar, was £2, now £1.50 (200g; 75p/100g), Castello Extra Creamy Danish Blue, was £1.50, now £1 (125g; 80p/100g), Castello Pineapple Halo, was £1.18, now £1 (125g; 80p/100g), Castello Creamy White, was £1.77, now £1 (150g; 1.18/100g).



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MY PHOTOS RE *I'm str*

Over 97 per cent of Giorgia Lanuzza's skin is covered in the painful red wounds of psoriasis. But she's found a way to love every inch of her body

Giorgia Lanuzza's photo album is fit to burst. Over the past decade, she has taken thousands of snaps but has never had the courage to show them to anyone else – until now.

For all the photos are of Giorgia, documenting her battle with psoriasis, a chronic skin condition which causes breakouts of itchy, painful red sores across her entire body.

For so long, these personal photos have remained private as she struggled with the debilitating disease.

But after her worst flare up ever, which saw 97 per cent of her body covered in the flaky wounds, she has decided it's time for the world to see what she sees.

'To begin with, the photos I took were just for myself. I like photography and trying to take weird, arty shots,' says the 24-year-old project manager from Basingstoke.

'But recently, I had a change of heart. I'd been through months of agony, when there wasn't a part of my body that wasn't affected. When I came out the other side of it, I realised I had nothing to hide. Psoriasis doesn't go away, no matter what you do. And I wanted to let other sufferers see that I wasn't ashamed to show the world who I am.'

Giorgia was just 13 when she experienced her first flare up. Desperately upset in the wake of losing her father in a motorcycle accident, within a fortnight the grieving teen developed patches on her elbows and knees,



which quickly spread across her legs.

Having also suffered with psoriasis, Giorgia's mum immediately recognised the signs of the autoimmune condition, which is often hereditary. Doctors prescribed countless creams and when the situation got particularly bad, Giorgia underwent UVB light therapy three times a week, for six to nine-month periods at a time.

'The condition is often triggered by trauma, and when I lost my dad I felt like the world had ended,' says Giorgia.

'Grieving was difficult enough. Then, when these flaky patches started appearing on my skin, I had no idea what was happening.'

'Gradually, it spread across my entire body, even my face and hands. I felt like a freak compared to other girls my age and did everything to cover up.'

'I tried not to scratch the dry patches but, even

so, in school other kids would point at my scab-covered arms and say that I was "infected". People looked at me as if they might catch something.'

Over the next 10 years, Giorgia struggled on. 'There were some periods of time when the condition died down and that was such a relief, just to feel normal. When I was 18 I was almost psoriasis-free for a whole year. But, as always, it came back.'

For the most part, Giorgia resisted letting her condition rule her life. 'Though I was painfully self-conscious in my early teens, I developed a strong personality, becoming overly loud to overcompensate for the marks that covered my body.'

'With time, I began to embrace some of that confidence for real. For instance, I've only had two proper boyfriends, but when I first met them, my condition was at its worst. It was like I was being the real me when the psoriasis took hold.'

I WILL NEVER HIDE AGAIN

Earlier this year, after her last relationship ended, Giorgia decided to take the plunge and go travelling in Thailand for six months. 'I thought it would be good for my confidence,' she says.

When she arrived, her skin was clear. But after contracting a throat infection, it triggered the worst outbreak she'd ever had. 'The extreme 30-degree heat was so intense that the psoriasis spread over 97 per cent of my body. It was excruciating.'

'I was in paradise but I couldn't enjoy



MIND ME THAT

ong

it. Just my clothes touching my skin was painful and sleeping was impossible. I went back and forth to the doctors but the creams did nothing and in the end I became addicted to sleeping pills. That's when I knew I had to go home.'

Cutting her trip short by two months, Georgia flew back to England in April, where her doctor, shocked by the state she was in, offered her a new drug trial.

'But I turned it down,' she says. 'The side effects were horrific and I didn't want to rely on drugs for something that can't be cured.'

Instead, Georgia decided to take a different approach and embrace the way her body looked. 'I put together a portfolio of photos of myself in bikinis and other skimpy clothing, to show I wasn't going to hide my psoriasis any more,' she explains.

'I made a Facebook page called "Different Skin – The Real Georgia" and put them on there. I was overwhelmed by the responses, coming from as far as Australia and China. People were calling me a role model and an inspiration – it was a lot to get to grips with.

'Now I'm building my own website and hope to take the campaign further. This isn't just about psoriasis, it's about showing anyone with a skin condition that it doesn't have to hold you back.

'I'm proud of my photos now. They remind me that I'm strong.'

**Amy Sharpe
and Su Karney**



Georgia is now
an inspiration
and a role model

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In her SHOES

When it comes to her own feet, professional hair and make-up artist Lindsey Poole expects the best – and she loves the salon-standard pedi she can do herself



As a successful hair and make-up artist and busy mum, Lindsey Poole is always on the go. And all that walking takes its toll on feet. But when she gets a rare night off, Lindsey hasn't got time for lengthy salon appointments. The new **Scholl**

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'TOWIE WAS TOO BITCHY – *I felt like I was at school*'

Lauren Pope reveals the real reasons behind her *The Only Way Is Essex* departure



She has fond memories of the time she spent with her ex Kirk Norcross



Lauren fell out with her TOWIE co-star Chloe Sims



Since joining *The Only Way Is Essex* five years ago, we've followed Lauren Pope through love, heartbreak, friendships, fallouts and, erm, a matching nose job with ex-boyfriend Kirk Norcross.

But last fortnight, the model/DJ-turned-beauty-and-fashion-entrepreneur announced her departure – a decision, Lauren tells us, she's considered on and off for a long time.

Lauren, 33, confesses her moment of realisation came after the cast's annual holiday to Marbella, during which she admits, the 'bitching and school-playground mentality' prompted her to hand in her notice swiftly after landing back in Blighty.

'I had times I really wanted to leave and other times I really wanted to stay. The last series was really tough,' she says.

'I lost my close group of girlfriends after falling out with Chloe [Sims] and Jessica [Wright]. It took a sour turn and I considered it then. It wasn't making me happy any more.'

BITCHING AND BREAK-UPS

Lauren has certainly endured her fair share of screaming matches this year, after being caught in the middle of an argument between Danielle

Armstrong and her close pal Vas Morgan – over newcomer Verity Chapman's flirting with James Lock.

'I ended up having to fight a battle to convince people I wasn't a bad person. There was a lot of bitchiness last series and I wasn't interested in getting

involved with that. I'll defend myself, but it got to the point where I didn't want any more to do with it,' she says.

'I can't keep up with people in that show. You never know whether they're your friend or not, and to me, that's a very school-playground mentality'.

DATING DISASTERS

Lauren, who has left the show to focus on her hair extension business, Hair Rehab, says she struggled with the strict filming schedule on top of juggling her other commitments, and found herself feeling anxious ahead of it.

'You're driven to filming and there are times, especially after you've had a big argument or you've broken up with someone, that you feel stressed out. In real life, you'd probably avoid that person or situation, but in *TOWIE*, you can't,' she explains.

Lauren also says that, despite looking back at her doomed relationship with Kirk Norcross with 'fond memories', she also found it difficult to date.

'Everything has to be over-analysed for the show. My relationship with Dan [Edgar] would have probably ended at a couple of drunken snogs, but I had to talk about it constantly!' she laughs.

And although Lauren says she's 'too busy to spend time dating men I have no interest in', she has taken steps to finding Mr Right. 'I signed up for Tinder but only lasted about 10 minutes. There were no fit guys. That's sod's law for me!'

Lauren Hill-Roger

Lauren Pope is the founder of the Hair Rehab London Academy. The new Salon Professional range is available from salons nationwide. Visit hairrehablondon.com

COSY UP FOR Christmas!



Rudolf tunic, £16

Nothing gets us into the Christmas spirit more than a fun festive jumper

#FASHION UNEXPECTED

There's no denying Christmas knits are officially cool. Whether you're looking for a novelty jumper for Christmas dinner or just a touch of sparkle for the festive season, George at Asda has something for everyone.



Wendy Rigg,
Reveal's Fashion
Director

Styling guide

- Avoid being too corny and team your festive knit with black skinnies and chunky boots to give it a sleeker edge.

- Make a serious style statement in a cosy

jumper-dress. For daytime chic, add woolly tights and knee-high boots.

- 'Tis the season to sparkle so style up your sweater with sequins. Throw over an embellished dress or skirt to take it from dusk to the dancefloor.



Holly jumper, £14

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Janet Reger lingerie, £22.50, Debenhams



Bag, £19.99, New Look



Dress, £60, asos.com

Perfect presents

Spoil your loved ones with these fabulous gifts that you might want to keep for yourself...

Move over, Moët, this glam bottle of fizz is the way to celebrate



Taittinger champagne, £51.90, John Lewis



Jacket, £49, Dorothy Perkins



Heels, £56, Topshop

These hair stylers are essential for every party girl

GHD platinum styler set, £165, ghghair.com



Notebook, £11.95, Ted Baker at bloomsburystore.com

Body cream, £12.50, Rosie for Autograph at Marks & Spencer



Glamorous lady

This gorgeous selection is bound to be on the wish list of every stylish girl who likes to party

Light, £23.50, qvcuk.com



Mary Berry's Baking Bible, £25, Marks & Spencer



Chocolates, £6.50, Lily O'Brien's at all leading supermarkets



Cosy chic

Any domestic goddess will want to kick back, relax and enjoy all the home comforts this Christmas

Get some tips from the baking queen herself with this foodle bible

Cushion, £14, Tesco



La Maison de Senteurs Fleurs De France Pamper Collection, £30, Marks & Spencer



Make your favourite coffees in style with this touch technology machine



Nescafé Dolce Gusto Drop, £149.99, very.co.uk

Reed diffuser, £13.49, ashleigh-burwood.co.uk



Slippers, £10, George at Asda



Pyjamas, £32, bouxavenue.com



» Alcatel Onetouch watch, £99, currys.co.uk



Count your steps, browse Facebook or just simply tell the time, this savvy watch is a must-have

» Jumper, £20, Burton



» Magnetic darts, £9.99, oakroomshop.co.uk

» Ted Baker men's gift fragrances, £25 for a set of four, tedbaker.com



» Quest radio dock, £100, qvcuk.com

» Wash bag, £21.99, chaseandwonder.com



For him

From your boyfriend or hubby to your dad, spoil the men in your life with these sleek gifts

» Pringle socks, £12.99, sockshop.co.uk



If it's good enough for Becks!



» A Clockwork Orange, £29.95, foliosociety.com



» Haig Club in partnership with David Beckham, £39.90, whiskyshop.com



DEALER



» Poker set, £39.95, bloomsburystore.com

Kitsch girl

These quirky gifts are the perfect presents for those who like to have fun and show off their kooky style



Phone case, £16, skinnydiplondon.com



Scarf, £28, [River Island](http://RiverIsland.com)



Pom-pom key ring, £19, [Dune](http://Dune.com)

For when you run out of words this cute emoji translator is the perfect stocking filler

Desktop Emojifier book, £6, joythestore.com



The Ultimate S&S Nail Art Advent calendar, £15, yoursclothing.co.uk



Different nail art for each day? Yes, please!



T-shirt, £20, ohhdeer.com



Gogglebox Steph and Dom body wash, £10, [Marks & Spencer](http://Marks & Spencer.com)

Detangle brush, £6, boohoo.com



Clutch, £65, iknowthequeen.com

Benefit You're So Party Set, £39.50





» Print, £45,
The White
Company

» Necklace, £30,
silverservice
jewellery.co.uk



» Where's Karl? book, £9.99,
whereskarlthebook.com



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Where's Wally-style
book on finding Karl
Lagerfeld will keep
any fashionista busy
for hours

» Bath salts,
£18.95,
handpicked
collection.com



» Watch, £85,
oliviaburton.com



» Bag, £18, Simply Be



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will be snapped up
by all the fashion
lovers

The fashionista

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designer look for less, these pressies will
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» Make-up bag, £22, Zandra Rhodes for lipsy.co.uk



» YSL Rouge Pur Couture
Collector Kiss and Love
Edition in Le Nu, £26



» Nails Inc
Autumn Winter
Mini Gel
Collection, £29

» Phone
case, £12,
joythestore.
com



Drum kit,
£29.95,
handpicked
collection.com



Hat, £16,
Cath Kidston



Suitcase
scooter, £69.99,
zincflyte.com



Pyjamas, £26.95, joules.com



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scooter, it's a two
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Amber picks...

Beauty advent calendars

Move over, chocolate – I'm planning to count down to Christmas with a daily pamper product!

£50



Makeup Revolution has been an Instagram hit this year, with the likes of Jess Wright and Michelle Keegan raving about its cheap but innovative launches. This calendar may not be one for the colour-shy, but it's an ideal way to expand your kit – and there's an extra-special gem to uncover on 25th!

CELEBRITY MAKE-UP FAVE

£49

Worth £125

NAIL LOVERS' DREAM



Ciaté was one of the first labels to launch a beauty calendar, and I'm not surprised its Mini Mani Month still clears the shelves sharpish every year. Brand devotees include Beyoncé and Kylie Jenner, and the shades are all wearable.

£12

BUDGET GEM FOR GIRLS

Superdrug Flutter Advent Calendar was one of the few buys I could find that comes in at under £15. Ideal for youngsters, it's every bit as 'cutesy' as the packaging suggests. Think sheer, school uniform-friendly products, like a lipgloss and nude eye shadow.

£39



LUXE FEEL-GOOD TREATS

L'Occitane Christmas Beauty Advent Calendar has sold out once, and I predict another stampede when the second batch lands this month. It's jam-packed with minis featuring the brand's iconic botanical scents and indulgent textures. I love that it comes with other goodies, too, like biscuit cutters, gift tags and place cards.

Talk about getting bang for your buck! Marks & Spencer's Ultimate Beauty Advent Calendar boasts an incredible variety of high-end, award-winning hair, skin and make-up names stashed in little boxes. There aren't any dud days in this one, and it's a great way to discover new brands.

£25

(when you spend £25 on other M&S beauty)
Worth £200



£60

Worth £93.50



FAB BODY BUYS

You'd be hard pushed to find someone who doesn't heart the well-curated contents of The Body Shop Advent Calendar. It mostly houses body-beautifying bits (not so much of its best-selling facial skincare) although there's plenty of easy-to-wear make-up, too. The premium £80 version (worth £127) is also worth a look.

Sparkle like a star

Get your body looking polished and party-ready with tricks from these glow-getting celebrities

FOR A SUBTLE RADIANCE LIKE MIRANDA KERR

Yes, you can twinkle without a tan! If your complexion's on the pale side, create luminous accents using products with shade names like 'champagne', 'pearl' and 'rose-gold'. The cool tones will enhance your skin without altering your colour.

Fair-skinned hottie Lydia Bright swears by **Benefit Bathina**, £23.50, and its unique balmy texture. 'It makes skin look pretty and perfected without having to use fake tan,' the *TOWIE* star tells us.

Want more glitz? Pick a highlighting powder. On the Halloween episode of *Strictly*, the stars' make-up artist created delicate iridescence with a dusting of **MAC Mineralize Skin Finish in Soft and Gentle**, £24. Or go mega-luxe with **Guerlain Météorites Flocons Enchantés**, £50.

Miranda Kerr's a fan of powder formulas, too. She swishes hers on arms and décolletage, then skims the centre of her pins for a leg-lengthening effect.

FOR A BRONZED GLEAM LIKE LILY ALDRIDGE

If anyone knows about looking luminous, it's the Victoria's Secret Angels! Achieving their signature lustre is a two-step process (see Lily Aldridge, right). The supers always have a spray tan the night before a show, then build on top of their golden skin tone with shimmer lotions.

At home, apply an overnight tan like **James Read Self Tan Bronzing Mousse**, £25, then wash off once it's developed in the morning. Add a sheen with moisturising products. **Dirty Works Shimmer Lotion**, £4, (Sainsbury's), is a brilliant budget buy that combines hydrating oils with glistening flecks.

Or create a bespoke finish with **Vita Liberata Capture The Light**, £29.95 (another favourite with the *Strictly Come Dancing* make-up crew). This illuminating serum comes in five realistic skin tones (none are too orange!). Just mix a blob of it with your ordinary body moisturiser.



FOR A DEEP GLOW LIKE JENNIFER LOPEZ

When we asked make-up artists for their ultimate body beautifier for darker skin tones, one product was raved about. A lot. Worn by everyone from J.Lo to Nicole Scherzinger and Kim Kardashian West, **Body Bling by Scott Barnes**, £27 (cultbeauty.co.uk), is a tinted gel with clever light-reflective flecks. The effect? Imperfections are blurred and skin looks airbrushed (but not covered up) in pictures. If you're not keen on a tint, enhance your natural skin tone with a transparent body oil instead. **Johnson's Baby Oil**, £2.89, is rumoured to be behind Beyoncé's on-stage super-glow. For extra pamper points, swap it for the all-natural **Melvita L'Or Bio Extraordinary Oil**, £16.





**TANNING
MITTS AREN'T
JUST FOR... TANS**

'I use them for everything from body butters to moisturising lotions,' says St. Tropez tanning expert Jules Heptonstall. 'They create a smooth surface and extra polish.' Try St Tropez Applicator Mitt, £3.57.

A Reveal promotion

Made In Chelsea's Binky Felstead and her mum, Jane, explain how you can achieve glam hair for the party season with the help of Remington...



WEEK 4: PARTY HAIR

Retro curls

Q Hi Binky and Jane,

My work Christmas party is looming and I would love to wow my office crush with a glamorous party hair style, my hair is shoulder-length, blonde and reasonably thick. Thanks!

Amy, Luton



BINKY ANSWERS

I love a work Christmas party... and an office crush makes it even more exciting! How about a retro style to wow your colleagues? You could use the Sapphire Pro Curl tong to create sleek waves. It has a 32mm ceramic barrel and variable temperature for ultimate control - giving a bigger vintage-inspired wave. Make sure you use a curling crème before you start to protect your hair and finish by smoothing away any frizz. Don't be shy with the hairspray - you need to make sure your style holds through all the naughty photocopying and impressing your crush with your desk dancing.

Love Binky x



JANE ANSWERS

Office Christmas parties are a great excuse to ramp up the glamour and experiment with a new style. For glamorous retro curls, make sure you separate the hair into sections before curling it to get a mixture of textures throughout your 'do. I would also suggest blow-drying with the Sapphire Pro Dryer before you start curling to ensure smoothness and maximum protection. Enjoy your Christmas party and I'm sure your glamorous curls will get you a smooch or two underneath the mistletoe!

Love Jane x

TURNING HEADS

For more information, and to view the whole Sapphire Pro range, visit remington.co.uk

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Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

EMBRACING THE C WORD

Is it better to make peace with my cancer, rather than fight it?

Mel, Newcastle

That's an interesting question. Sophie Sabbage has written a brilliant book about making peace with her cancer and accepting it. She thought of it as part of her body and didn't want to battle it. Her inspirational book is called *The Cancer Whisperer: How To Let Cancer Heal Your Life*. Sophie has a great message about how to remain your own person and not become simply a patient. However, how you deal with serious illness psychologically is a very individual matter, and what works for one person may not work for you.



Trust me – I'M A DOCTOR

Is it true that you can have a poo transplant?

Hannah, Reading

Yes. Some patients get nasty infections that destroy all the healthy bacteria in their gut. In some cases, having the liquidised poo from a healthy donor squirted in, either from the top or bottom end, can make a huge difference to their life. More trials are needed to find out exactly how many infections this could work for. Interestingly, some people have gained weight after a poo transplant, suggesting the bacteria in our gut may be vital for weight control. We also know gut bacteria can produce chemicals that affect your mood, so someone else's poo might make you happier or more sad.

THE sex QUESTION

IS THREE COMPANY?

Is it possible to be in love with more than one person at a time?

Beth, Kingston

It's certainly possible, and it happens a lot. The question is, what do you do about it? If you already have more than one lover, does one know about the other(s)? Most people in multiple relationships keep them a secret, but the truth tends to appear through the cracks eventually, often with disastrous consequences. Some people are happy in what are known as ethical polyamorous relationships. They each commit to more than one lover and everyone knows about it. To find out more, read the book *More Than Two*.

DR PHIL SAYS: 'Rediscover the joys of sketching, doodling and colouring in'

THE CANDY TAXMAN

Should there be a tax on sugar?

Jessie, Brighton

I think it's worth trying and then reviewing, to see if it's made a difference. Politicians are swayed very strongly by the food industry, so it won't happen quickly. The single biggest source of sugar for children and many adults is fizzy drinks and, once you realise that, all you have to do is stop having them in the house and stop buying them on the move. Diet drinks are healthier, although they're full of chemicals and aren't great for your teeth. Scientifically, ice-cold water is still the most refreshing drink ever discovered.

A HEARTY WORKOUT

How long do I need to exercise each day in order for it to benefit my heart?

Harriet, West London

All exercise is good for the heart, but the more you do, the better. Recent research suggests those that do an hour of moderate exercise or more a day get the most benefit. However, very few of us have the time to do this. The trick is to make your day as active as possible. Walk whenever you can, as fast as possible, always take the stairs, two at a time if you can, do regular sport that makes you sweat, and don't sit down for more than half an hour at a time. Gardening and housework also count as exercise.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

FOR DR PHIL'S BEST SELLER, 'STAYING ALIVE – HOW TO GET THE BEST FROM THE NHS', IS OUT NOW. Dr Phil regrets that he cannot reply to emails personally

FOLLOW DR PHIL ON TWITTER @drphilhammond. FOR MORE DR PHIL NEWS, VISIT drphilhammond.com

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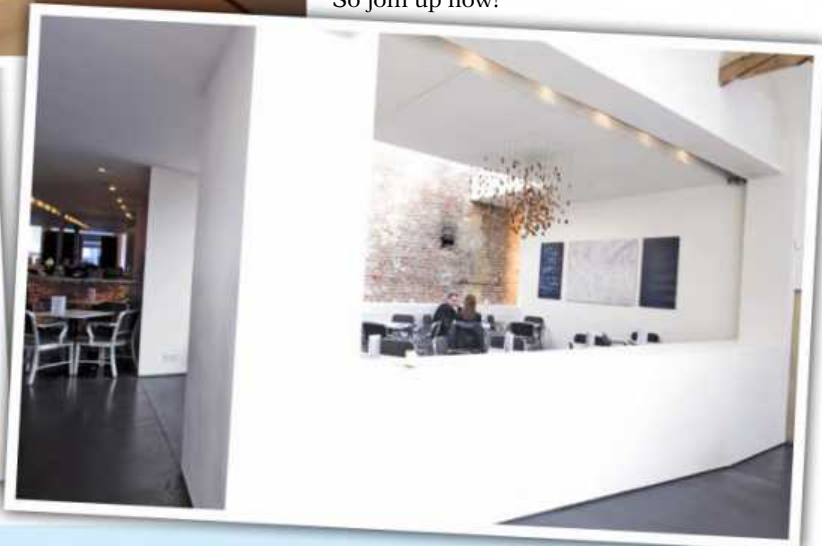
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Tasty toffee cake



TIP

Leave the cake to cool completely before icing, otherwise it will melt

This soft and moreish bake is sure to become a firm teatime favourite

When it comes to taste, a home-made cake has no rival. The key to baking success is an easy-to-follow recipe which, once mastered, you'll want to make time and time again.

This chocolate toffee cake by Aussie food guru Margaret Fulton is just that. It's really worth tackling the toffee topping, as it gives the coffee cake an extra level of flavour, while finishing off the look of your bake beautifully.

CHOCOLATE TOFFEE CAKE

SERVES 6-8

INGREDIENTS

125g butter, softened
150g firmly packed brown sugar
2 eggs
75g self-raising flour
55g ground almonds
75g dark chocolate, grated, plus extra, to decorate (optional)

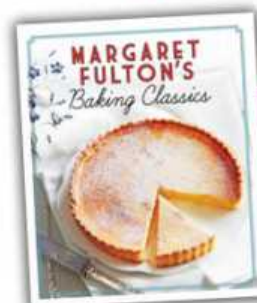
TOFFEE ICING

60g butter
150g firmly packed brown sugar
2tbsp golden syrup
125ml cream
Icing sugar (optional)

METHOD

➔ Preheat the oven to 180°C/gas 4. Grease a 20cm cake tin and line the base and sides with baking paper.
➔ Using an electric mixer, cream the butter with the sugar until light and fluffy. Beat in the eggs one at a time, then fold in the flour, ground almonds and chocolate.
➔ Spoon into the tin and bake for 1¼ hours or until firm to a light touch. Leave in the tin for 5 mins, then turn onto a wire rack to cool.
➔ To make the toffee icing, put the butter, brown sugar and syrup into a saucepan. Stir over a gentle heat until the sugar has dissolved.

Bring to the boil, reduce the heat immediately and simmer, without stirring, for 5 mins.
➔ Remove from the heat and slowly pour in the cream in a steady stream, beating well with a wooden spoon. Leave to cool and thicken.
➔ If you prefer a thicker icing, add sufficient sifted icing sugar to give the desired consistency. Spread over the cake and swirl the surface with a spoon.
➔ Decorate with extra grated dark chocolate, if desired.



Recipe from **Margaret Fulton's Baking Classics** (Hardie Grant, £20).

Photography Chris Chen



Fine and Dandini:
look out for TOWIE's
Arg in *Cinderella*

JAMES ARGENT

Famed as Mark Wright's wingman in the early days of *TOWIE*, James Argent is already pretty prepared for his new role playing Prince Charming's trusty sidekick, Dandini, in *Cinderella* at the Kings Theatre in Portsmouth from 8 December to 3 January.

The 27-year-old has described his character as a 'rough diamond' and 'just one of the guys out for a good time and a laugh'. Sounds like Arg is the perfect fit, then!
kingsportsmouth.co.uk

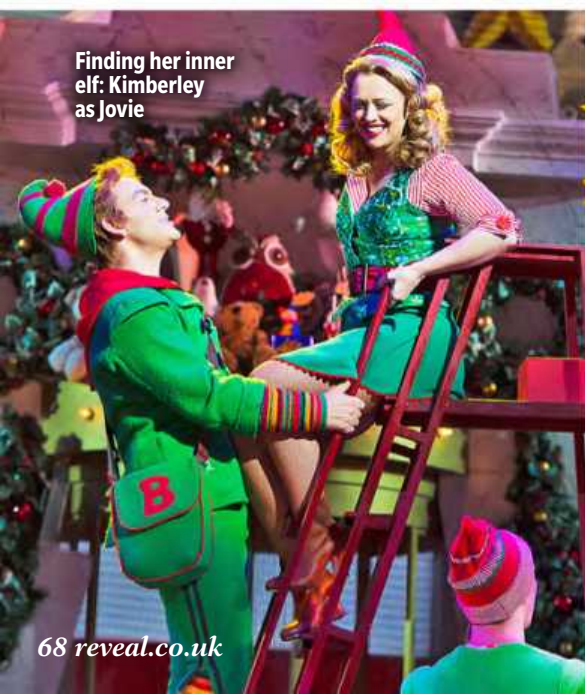
OH NO THEY'RE NOT, *oh yes they are*

These stars are all appearing in panto this Christmas

KIMBERLEY WALSH

She's no stranger to wearing a bright green dress after playing Princess Fiona in the West End production of *Shrek*, and now Kimberley Walsh, 33, is rocking similar garb again after bagging a role in the stage production of *Elf: The Musical*.

The former Girls Aloud singer has transformed into Santa's little helper – shop-worker Jovie – at London's Dominion Theatre, with Christmas performances from 21 December to 2 January.
dominiontheatre.com/theatre/elf



Finding her inner
elf: Kimberley
as Jovie

KATIE PRICE

Despite rumoured to be worth £45 million, Katie Price's substantial bank balance hasn't stopped her from taking part in panto this year.

The former glamour model, 37, is set to play the Wicked Fairy in Woking's New Victoria Theatre's adaptation of *Sleeping Beauty* from 11 to 27 December.

'This year they were persuasive. I was offered the Wicked Fairy and thought, "Why not?" It's the opposite of what I am,' the mum-of-five says.

There's a few ex husbands who might disagree with you, Katie!
atgtickets.com/shows/sleeping-beauty-31-new-victoria-theatre/

DAVID HASSELHOFF

Long gone are the days we watched David Hasselhoff running into the sea saving lives on *Baywatch*, and now the US star has taken a U-turn with his heroic persona, playing the villainous Captain Hook in *Peter Pan*.

'I'm honoured to be part of *Peter Pan* and look forward to getting "my hook" into the Clyde Auditorium this Christmas,' he jokes. The 63-year-old plays the baddy, alongside The Krankies, from 10 December to 3 January.
secc.co.uk/peterpan



JENNIFER ELLISON

In reality she is a loving mum to three young boys, but actress Jennifer Ellison will tap into her evil side as she plays the wicked Queen Evilynne in *Snow White*. However, it doesn't sound like it will be a hard feat for the former *Brookside* star, who will be on stage at the Norwich Theatre Royal from 15 December to 17 January.

'I adore playing the bad roles rather than the goodie-goodie roles,' the 32-year-old Scouser reveals. Bonus! theatreroyalnorwich.co.uk

Wicked Jen is terrorising dwarves in Norwich



RITCHIE NEVILLE & NATASHA HAMILTON

When we heard that newly engaged pop stars Ritchie Neville and Natasha Hamilton were to star alongside each other in *Aladdin* in Derby Arena, we got excited about seeing a love story unfold before our eyes like the very one we witnessed between them on ITV's *The Big Reunion*.

But while Ritchie, 36, will take on the lead role of Aladdin in the show, which is on from 7 December to 3 January, Tash, 33, won't actually be playing the heroine Jasmine. Instead she's the Slave of the Ring, who has mystical powers and is concealed within a ring that Abanazer gives to Aladdin. Ah well, at least there's hope of a glimpse of Ritchie's famous abs... derbylive.co.uk



SHANE RICHIE

He has enjoyed high-profile stage roles as Danny Zuko in the West End production of *Grease* and in *Boogie Nights: The Musical*, now *EastEnders* actor Shane Richie is returning to the stage as Dick Whittington. And he's been hitting the gym in prep for his panto part at The Orchard Theatre in Dartford from 12 December to 3 January.

'It's one of the very few jobs where I try to get into shape. I start training. It does feel like a marathon because it is two shows a day and we've got about 40 shows and two days off,' the 51-year-old says. We look forward to seeing a buff Shane!

orchardtheatre.co.uk



ALEX REID

After many run-ins with his ex-wife since they divorced in 2012, Alex Reid is going head-to-head again with Katie Price as he plays the Genie in *Aladdin* from 11 to 30 December.

The aspiring actor, who trained at the Guildford School of Acting, will take on the role at the Stiwit Theatre in Wrexham.

'I love the adrenaline rush of it all. But I work hard at all the roles I play. It's important to know your lines and with something like panto it's vital to get the timing right otherwise a key joke or punchline might fall flat,' says former cage fighter Alex.

We're sure he'll make the crowd lol... stiwt.com



Boo hiss! Katie Price is the Wicked Fairy in *Sleeping Beauty*

Lisa Blake

reveal.co.uk 69

7days

REVEAL'S CARENA
CRAWFORD PICKS THIS
WEEK'S TV HIGHLIGHTS

YOUNGER

Fresh-faced, 40-year-old mother Liza finds herself newly single in this new US comedy from the hit makers behind *Sex And The City*. Hilary Duff co-stars alongside lead Sutton Foster, as Liza takes extreme measures to climb the career ladder. It all begins when a bar pick-up tells her she looks a lot younger than her years, so she decides to knock over a decade off her actual age and take another shot at pursuing her dream job. Lost in a world of dating apps and hashtags, can she avoid blowing her cover and prove the secret to eternal life is just being a very good liar?

**SONY ENTERTAINMENT TELEVISION,
WEDNESDAY 25 NOVEMBER, 9PM**



DON'T MISS

The bright lights of the Tower Ballroom are beckoning, as *Strictly Come Dancing* heads off on its annual jaunt to Blackpool on BBC One on Saturday 21 November at 6.50pm. We're back on the dancefloor!

SUSPECTS

Fay Ripley is back as DI Martha Bellamy, alongside Damien Molony as DS Jack Weston and Claire-Hope Ashitey as DC Charlie Steel, in a new series of the unscripted crime drama. The team is facing a tough test when a soldier with suspected PTSD goes missing. His father is desperate to know what's happened to his son, especially after the lad misses his mother's funeral, which is totally unexpected. As the cops track down the friends the missing soldier spent the night with, can they shed light on his whereabouts? Has he taken his own life? Or has something more sinister happened? Are they all in danger?

C5, WEDNESDAY 25 NOVEMBER, 10PM



KEEPING UP WITH THE KARDASHIANS

Drama is never far away from this klan and as series 11 begins, it's definitely challenging – Kourtney picks up the pieces after kicking Scott out and Kim is determined to make Khloé the sexy sister. But is Khloé ready for her first steamy cover shoot? Meanwhile, Kris' relationship with Corey is going from strength to strength, the family are holidaying in St Barts and Kylie is celebrating turning 18. But with Caitlyn's appearance at the ESPYs approaching, can the daughters find a way to support Caitlyn without upsetting their mother? As the family focuses on moving forward together, they're also ready to let loose and have some fun.

E!, SUNDAY 22 NOVEMBER, 9PM



P WITH SHIANS

WANT TO BE ON TV?

TV producers ClearStory would like to hear from couples who are willing to share details of their sex lives for a brand new series of Sex Box, which returns to C4. If you'd be interested in taking part, email contact@clearstory.co.uk



CAPITAL

Toby Jones, Lesley Sharp and Rachael Stirling lead the cast in this new three-part drama. Pepys Road in South London seems to have it all – house prices have rocketed and the people who live there are, on the surface, as happy as Larry. But one day, a mysterious note is pushed through every letter box with the words, 'We want what you have'. Who has sent the message? And what is it that they actually want? Is there someone watching the residents' every move? As ripples are sent through the community, the lives of Pepys Road are transformed beyond what these families ever thought possible.

BBC ONE, TUESDAY 24 NOVEMBER, 9PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



PHIL HITS SHARON

Sharon tries to bring the family together, but when Ronnie is arrested and Phil turns back to the booze it all falls apart. Sharon locks her husband in the bedroom, but he finds some alcohol hidden and gets drunk again. Sharon's fuming when she finds out, but he's so sozzled he lashes out and hits her. As she locks him back in, he has some vicious words for his wife – is their marriage over?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE, 7.30PM, THU, 8.30PM

SIMON'S SECRET IS OUT

Simon is angry when Leanne appears happy without him, and lashes out at Amy just as Ken and Tracy arrive home. Leanne tries to find out what's happened and Eva forces her to reveal that Simon's been physically abusing her for months. As Ken's sympathetic, Tracy's scornful and attacks Leanne for her parenting. Has she gone too far and lost her man?

Coronation Street



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM, THU, 8PM

Emmerdale



EMMERDALE, ITV, MON-FRI, 7PM

BERNICE CHEATS ON LAWRENCE

Kerry is determined to stop Bernice marrying Lawrence so sets the bride-to-be up with Andy on her hen do. It seems to work when Bernice and Andy have a night of passion, and Lawrence finds out. Lawrence suggests they get married anyway, but Bernice can sleep with other men. Will she agree to an open marriage?

CINDY IN DANGER

Cindy finds her lost phone and when she charges it, the message Dr S'Avage left on the day of Pride beeps through. Stunned to have new evidence in the Gloved Hand Killer case, Cindy confides in Lindsey a woman is behind the murders. Lindsey's horrified to know the net's closing in on her, but how will she deal with Cindy? Is Cindy set to be her next victim?

Hollyoaks



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM

Watch Liam Hemsworth on the big screen again? What a drag... not!



MOCKINGJAY – PART TWO

The final part of *The Hunger Games* trilogy has arrived and Katniss Everdeen means business! Joining forces with Peeta (Josh Hutcherson) and Gale (Liam Hemsworth), our arrow-wielding heroine vows to assassinate the evil President Snow and free the people of war-torn Panem, but her task appears doomed from the start. Guaranteed to get your pulse racing – the film, not Liam (although him, too...) – this is definitely one to watch on the big screen.

In cinemas from November 19

CHRISTMAS COCKTAILS

It may be November but it's never too early for Christmas cocktails, don't you agree? Marks & Spencer has spoiled us with three yummy festive flavours, Mince Pie Martini, Espresso Martini and White Christmas – a yoghurt liqueur-based treat. Delicious, and just £10 each.



BUZZ-O-METER

What's hot in the Reveal office this week



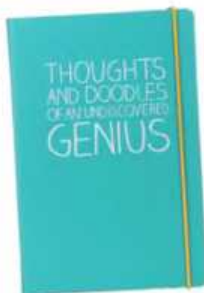
SPRAY ON NAIL POLISH

Say hello to our new favourite beauty hack – spray on nail polish! With the Nails Inc Paint Can, you simply spray the colour all over the tips of your fingers (that's right, *all over*), wait for it to dry and then wash the polish off your skin. What are you left with? The perfect manicure! (£10, nailsinc.com)



WORKING GIRL

As of last week, women are effectively 'working for free' for the rest of the year due to the gender pay gap. Shocking, right? So it's no wonder we're in the mood for a work pick-me-up! We love this chic office city bag (£39.99, Zara). It's the perfect place to store this bright notebook (£8.09, Happy Jackson).



The boys are back!



BUSTED REUNION

If you, like us, were left heartbroken 10 years ago when Busted split up, then you're probably just as excited as we are about their reunion! No doubt inspired by the success of supergroup McBusted, Matt, James and Charlie are touring the UK in 2016. Will they still jump up and down with their guitars? Will we ever be able to forgive Charlie for leaving the band in the first place? We have so many questions!

Olivia-Anne Cleary

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FAVOURITE... FOOD?

I'm obsessed with Asian food, I love sushi, Thai, and Chinese. I'm *Asian-tacia* effectively! I don't have a favourite restaurant, takeaway is best.



DRINK?

This is really boring but my favourite drink is water. It used to be white wine, but I don't drink alcohol any more and since my double mastectomy I've been getting healthier and I drink water all the time. Some people think I'm part camel – I drink about five litres a day!

BOOK?

I don't read novels, I'm really into celebrity gossip so I love magazines like *Reveal!* I love reading about Katie Price, Simon Cowell, *Big Brother*, *Strictly* and *I'm a Celebrity... Get Me Out of Here!*.

MEMORY?

Being naked on my front lawn when I was four. I was very into being naked as a child, I hated clothes and didn't think they were necessary. My mom would always yell at me to get in the house!

POSSESSION?

My family. If I could bring them everywhere with me, I'd be so happy. My sister comes with me as we work together. They're irreplaceable!



TV SHOW?

I am a huge soap fan and I love watching *Coronation Street* when I'm in the UK. I recently saw the new street and I wanted to go there and start walking on the cobbles. I'm so distracted by the dialogue, too. I'm in love with big old meaty Northern accents!

Love it!

Pop star **Anastacia**, 45, talks about her love of sushi, celebrity magazines and 80s dancefloor fillers...

SONG TO GET YOU ON THE DANCEFLOOR?

It doesn't take much to get me on the dancefloor, honey! I love 80s music so something like Earth Wind & Fire's *Boogie Wonderland*. I'd throw some shapes to that.

I don't tend to

go out much these days. I just don't have the constitution to go out and do what I do for a living, even though I don't drink.



HOLIDAY DESTINATION?

I love anywhere with a palm tree, warm weather and a beach. I like St Barts, Bali and the Amalfi Coast in Italy. I'm a beach babe. I look better lying down than I do standing up – as I get older I just don't want to be mobile in my bikini, I just want to be in one position!



FILM?

I'm so corny – it's *Pretty Woman*. It's so cool and has been my favourite movie for ever. I just love the bit where she tells the shop worker who wouldn't serve her until she looked like she had money, 'Big, big, big mistake!' Julia Roberts' hair is also amazing in that film.

Anastacia's Ultimate Collection is out now on Sony Music



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